Abstract

Pregnancy is a critical period that requires special attention to nutritional intake. Lack of knowledge about nutrition can pose health risks for both mother and fetus, such as Chronic Energy Deficiency (CED), anemia, and even low birth weight (LBW). Efforts to increase knowledge can be achieved through health education using media.leaflet. LeafletAs an educational print media, it is practical, easy to understand, and can be read repeatedly, making it effective in conveying nutritional information. Analyzing the effect of nutrition education using leaflets on the knowledge of pregnant women in the Bilato Health Center work area, Gorontalo Regency. Quasi-experimental research design with designpretest-posttest with control group and quantitative approach. The research subjects were 32 pregnant women who were divided purposely into two groups. intervention with education leaflet(n=16) and control without intervention (n=16). The instrument in the form of a questionnaire was given before and after the intervention. The average knowledge score of pregnant women in the intervention group increased from 47.81 to 63.75 after education. A Wilcoxon test showed a significant increase (p=0.001), while the control group showed no significant difference (p=0.739). A Mann-Whitney test showed a significant difference in posttest results between the two groups (p=0.000).Nutrition education using leaflets effectively increases the knowledge of pregnant women. This medium is recommended as an educational tool for healthcare professionals to raise nutritional awareness during pregnancy.

Keywords: *Nutrition education, leaflets, knowledge, pregnant women, balanced nutrition.*

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