

ABSTRACT

In traditional societies, women have lower status than men, so that protein energy malnutrition is higher in women with due to high infant mortality rate. Nutritional improvement in women of childbearing age is a potential approach to improve maternal and child health. The objective of this research is to analyze the effect of animal and vegetable protein consumption with serum proteins among newly married women.

This study was an observational research with cross sectional design. While for population was all newly married women who registered at the Office of Religious Affairs in Wonomerto Subdistrict since November 2009 - January 2010 with 40 newly married women which selected by simple random sampling. The data were analyzed by using Linear Regression.

The statistical analysis showed that neither total protein consumption nor animal protein consumption nor vegetable protein consumption influence the value of serum protein among the newly married women ($p=0,647$, $p=0,794$, $p=0,950$ respectively). Neither animal protein consumption frequency nor vegetable protein consumption frequency influence the value of serum protein among the newly married women ($p=0,583$ and $p=0,885$ respectively).

There was no effect of total protein consumption, animal protein consumption, vegetable protein consumption, animal protein consumption frequency, and vegetable protein consumption frequency with serum proteins. But, it is suggestion to improve newly married women consumption of nutritious foods, especially animal protein consumption before pregnancy.

Key words: consumption, animal protein, vegetable protein