**ABSTRAK**

**DITA KESUMAWATI 2019.** Status gizi ibu sebelum dan selama hamil dapat memengaruhi pertumbuhan janin yang sedang dikandung. Kesehatan ibu selama hamil tergantung dari pola makan yang ditentukan oleh kualitas dan kuantitas bahan makanan yang dikonsumsi. Walaupun ibu memulai kehamilan dengan status gizi baik, tetapi peningkatan berat badan ibu rendah maka keadaan ini menyebabkan simpanan lemak dalam tubuh ibu hamil menjadi lebih sedikit dan berakibat melahirkan bayi dengan BBLR. Tujuan penelitian ini untuk menganalisis pengaruh konseling gizi terhadap pola makakan, tingkat konsumsi, dan kenaikan berat badan ibu hamil KEK Trimester II di Desa Kalisongo Kecamatan Dau Malang. Jenis metode penelitian yang digunakan dalam penelitian ini adalah *kuasi-experimental dengan* rancangan *one group pre-test post-test design*. Sampel yang digunakan adalah Ibu hamil trimester II dengan berat badan yang tidak meningkat selama masa kehamilan sebanyak 10 ibu hamil di Desa Kalisongo Kecamanat Dau Kabupaten Malang. Analisis menggunakan uji *Paired Sample T-Test* pada tingkat kepercayaan 95%. Pola makan setelah dilakukan konseling mengalami peningkatan dalam segi frekuensi, jumlah, dan variasi bahan makanan (p = 0,001), asupan energi setelah dilakukan konseling mengalami peningkatan sebanyak 6,4% (p = 0,002), asupan protein mengalami kenaikan menjadi 51,8 gr/hari (p = 0,026), asupan lemak mengalami kenaikan tetapi tidak signifikan dikarenakan responden masih dalam ketegori defisit tingkat berat (p = 0,131), dan asupan karbohidrat responden menhalami kenaikan 261,2 gram/hari (p = 0,214). Kenaikan berat badan ibu selama kehamilan dinyatakan berhasil dikarenakan setiap minggu rata-rata responden mengalami kenaikan berat badan sebanyak 0,4kg/minggu. Dapat disimpulkan bahwa konseling gizi sangat berpengaruh terhadap pola makan, tingkat konsumsi, dan kenaikan berat badan ibu hamil KEK trimester II di Desa Kalisongo Kecamatan Dau Malang.

**Kata kunci:** pola makan, tingkat konsumsi, kenaikan berat badan, ibu hamil, trimester II.

**ABSTRAC**

**DITA KESUMAWATI 2019.** Maternal nutritional status before and during pregnancy can affect the growth of the fetus being conceived. Maternal health during pregnancy depends on diet determined by the quality and quantity of food consumed. Even though the mother starts the pregnancy with good nutritional status, but the increase in mother's weight is low, this condition causes the fat stores in the body of pregnant women to be less and result in giving birth to babies with LBW. The purpose of this study was to analyze the effect of nutritional counseling on the pattern of consumption, level of consumption, and increase in body weight of pregnant women in KEK Trimester II in Kalisongo Village, Dau District, Malang. The type of research method used in this study was quasi-experimental with the design of one group pre-test post-test design. The sample used was second trimester pregnant women with a body weight that did not increase during pregnancy as many as 10 pregnant women in Kalisongo Kecamanat Dau Village, Malang Regency. The analysis used the Paired Sample T-Test at a confidence level of 95%. Diet after counseling has increased in terms of frequency, amount, and variety of food ingredients (p = 0.001), energy intake after counseling has increased by 6.4% (p = 0.002), protein intake has increased to 51.8 gr / day (p = 0.026), fat intake has increased but not significantly because the respondents are still in the category of heavy level deficits (p = 0.131), and respondents' carbohydrate intake has increased 261.2 grams / day (p = 0.214). The increase in maternal weight during pregnancy was declared successful because each week the average respondent experienced a weight gain of 0.4 kg / week. It can be concluded that nutritional counseling is very influential on diet, level of consumption, and increase in body weight of pregnant women in KEK trimester II in Kalisongo Village, Dau District, Malang.

**Keywords:** diet, level of consumption, weight gain, pregnant women, second trimester.