

**Hartriyanti.** Compilation of Studies Related to Food Consumption, Physical Exercise, Healthy Lifestyle, and Nutritional Status conducted in Indonesia between 2000-2010: Age group Pregnant and lactating mothers.

*Introduction.* Many studies on food consumption, physical activity, lifestyle, and nutritional status have been conducted in Indonesia. However, there is an absence of a systematic review to bring together all the studies which have been carried out in Indonesia and provide a complete picture on evidences of food consumption during pregnancy and lactation.

*Objective.* This study aimed to review studies on food consumption, nutritional status and physical activity among pregnant and lactating mothers conducted by several institutions and researchers in Indonesia.

*Methods.* We searched all identifiable research papers including printed or electronically published journals, dissertations, thesis, and reports of all studies conducted in Indonesia. Inclusion criteria are those which report food consumption, physical activity and healthy lifestyle, and nutritional status of pregnant and lactating mothers.

*Results.* From 398 papers which were relevant to our search criteria only 91 papers were eligible for analysis. We found that pregnant mothers tended to increase their macronutrient intake during pregnancy. Their iron intake was low compared to current recommendation (Angka Kecukupan Gizi - AKG). Several studies revealed that iron and vitamin C intake of pregnant mothers in rural area were lower than those in urban area. Several pregnant mothers still practiced some risky eating behavior including *ngapii* (reduce intake for easier labor). Body weight increments were observed to be lowest on the fourth month of pregnancy, and highest on the ninth. In contrast to studies on pregnant mothers, studies on lactating mothers are still limited. A study had showed that protein, iron and vitamin C intake of lactating mothers were lower than current recommendation. Reports on energy intake varied greatly between studies. One study reported that 52% lactating mothers in the study population were anemic.

*Conclusion.* Our findings suggest that nutrient intake of pregnant and lactating mothers in several areas were lower than recommendation. Nutrition status had been monitored for years but our review revealed that there is still found a significant number of anemia and low nutritional status in pregnant and lactating mothers. Our study only described several studies in particular areas in Java Island, further research is needed to cover the other areas in Indonesia.

*Key words:* Food consumption, Healthy lifestyle, Nutritional status, Pregnant women, Lactating women, Review