

## ABSTRAK

**Latar Belakang:** Asupan makanan ibu menyusui berperan penting dalam kesehatan dan produksi ASI serta pertumbuhan bayi. Pola konsumsi pangan hewani yang berperan terhadap kualitas *diet* dapat berbeda antara ibu menyusui di perkotaan dan pedesaan, dipengaruhi oleh aksesibilitas, ketersediaan, dan preferensi budaya. **Tujuan:** Penelitian ini bertujuan untuk memahami perbedaan pola konsumsi makanan antara ibu menyusui di perkotaan dan pedesaan. **Metode:** Penelitian melibatkan 221 ibu menyusui dari kedua wilayah. Data asupan makanan ibu diperoleh melalui penimbangan, pencatatan, dan *recall* makanan selama 3 hari. Analisis *diet* dilakukan untuk menghitung jumlah, persentase, dan kontribusi kelompok makanan terhadap asupan energi dan makronutrien pada ibu menyusui. **Hasil:** Di perkotaan, konsumsi daging, ayam/unggas, dan produk susu lebih tinggi, sementara di pedesaan, konsumsi ikan, telur, buah, sayuran, dan kacang-kacangan lebih tinggi. Daging adalah sumber utama energi, protein, dan lemak di perkotaan dan pedesaan. Ikan memiliki kontribusi lebih tinggi pada asupan protein di pedesaan, sementara telur memberikan kontribusi lebih tinggi pada energi dan protein di pedesaan. Buah dan sayuran hijau adalah sumber utama energi dan serat di kedua wilayah, sedangkan sayuran bertepung dan sereal memberikan kontribusi yang signifikan pada energi, karbohidrat, dan serat di perkotaan dan pedesaan. **Kesimpulan:** Terdapat perbedaan pola konsumsi makanan antara ibu menyusui di perkotaan dan pedesaan. Faktor-faktor seperti ketersediaan, aksesibilitas, dan preferensi budaya berperan dalam perbedaan tersebut. Penting untuk memahami variasi ini dalam upaya mempromosikan pola makan yang sehat di kedua wilayah.

**Kata kunci:** Pangan hewani; Menyusui; Keragaman pangan; Perkotaan; Pedesaan

## ABSTRACT

**Background:** Maternal dietary intake plays a crucial role in the health and production of breast milk, as well as the growth of infants. The consumption patterns of animal-based food that contribute to the quality of the diet may differ between lactating women in urban and rural areas, influenced by accessibility, availability, and cultural preferences. **Objective:** This research aims to understand the differences in food consumption patterns, particularly animal-based foods, among lactating women in urban and rural areas. **Methods:** The study involved 221 lactating women from both areas. Maternal food intake data were obtained through weighing, recording, and food recall for 3 days not sequentially. Diet analysis was conducted to calculate the amount, percentage, and contribution of food groups to energy and macronutrient intake in lactating women. **Results:** In urban areas, consumption of meat, poultry, and dairy products is higher, while in rural areas, consumption of fish, eggs, fruits, vegetables, and nuts is higher. Meat is the main source of energy, protein, and fat in both urban and rural areas. Fish has a higher contribution to protein intake in rural areas, while eggs provide a higher contribution to energy and protein in rural areas. Fruits and green vegetables are the main sources of energy and fiber in both areas, while starchy vegetables and cereals provide a significant contribution to energy, carbohydrates, and fiber in urban and rural areas. **Conclusion:** There are differences in food consumption patterns between lactating women in urban and rural areas. Factors such as availability, accessibility, and cultural preferences play a role in these differences. It is important to understand these variations in efforts to promote healthy eating patterns in both areas.

**Keywords:** animal source; lactating women; dietary diversity; urban; rural