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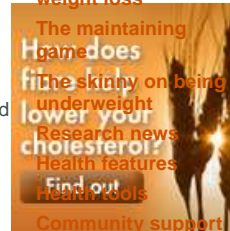
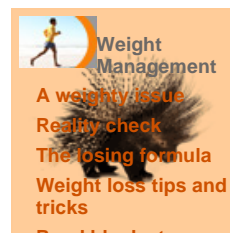
Written by: QMI Agency
May. 11, 2010

New mothers have a lot on their minds, so eating properly might not be a top priority.

A new study from the University of Granada showed 94% of mothers who had their milk tested were not following a proper diet.

The researchers found the new moms did not consume the recommended dairy intake of fat or vitamins A, E and iron, and their intake of proteins was too high.

The researchers collected milk samples from 34 breastfeeding mothers from the provinces of Granada and Almeria in Spain. The mothers were also surveyed about their dietary intake for three days prior to giving a sample of their milk.

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The results showed 88% of the women did not get the recommended dose of vitamin A and 99% were deficient in vitamin E. As well, 94% of mothers were not getting their daily recommended intake of iron.

"Breastfeeding mothers can significantly improve the composition of their milk by optimizing their diet by following international recommendations," researcher Jose Luis Gomez Llorente said in his study.

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