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Most breastfeeding mothers do not follow proper diet, study reveals

12. May 2010 02:41

The study conducted at the University of Granada revealed that 94% of nursing mothers did not follow a proper diet, as they did not consume the recommended diary intake of fat, vitamins A, E and iron, and the intake of proteins was too high. The results obtained will serve to enhance breastfeeding mothers' diet and increase nutritional supply to the newborn.

This study was conducted by **Jose Luis G-mez Llorente**, from the Department of Pediatrics of the University of Granada, and coordinated by professor **Cristina Campoy Folgoso**. To conduct this study, the researcher collected 100 milk samples from 34 breastfeeding mothers from the provinces of Granada and Almeria. The selected mothers were given a questionnaire on their dietary intake for a period corresponding to the 3 days before the sample taking. The aim was to compare their dietary intake with the recommended diary reference intake, in order to detect deficiencies and enhance babies' intake of nutrients.

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