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Poor diet for breastfeeding mums 'could affect family health'

New figures have shown that the majority of mothers who are breastfeeding their babies do not follow a proper diet, which could concern those interested in **family health**.

A study by the University of Granada has revealed that 94 per cent of Spanish mothers do not obtain their recommended intake of iron, fat and vitamins A and E, which could suggest a similar problem is present in the UK.

It also found that many mothers consume too high a quantity of protein each day, which could affect **family health**.

Jose Luis Gomez Llorente, an author of the study and member of the department of paediatrics at the university, emphasised the importance of breast feeding to **family health**.

He said: "Breastfeeding mothers can significantly improve the composition of their milk by optimising their diet by following international recommendations."

Last year, the UK's Department of Health redrew its growth charts to take into account differences between breast-fed babies and those who have been bought up on the bottle, making the former the standard.

More about **family health**

Posted by James Boxhall

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Boys 'increasingly under pressure to achieve unrealistically low weight'

Boy's fashions are increasingly putting pressure on male teenagers to lose weight, a commentator has claimed, which could have a negative impact on family health. Susie Orbach, writing for the Guardian, has claimed that a problem which used to be primarily affecting girls is also increasingly impacting on men. She suggested that...

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