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## Most Mothers Do not Stick to a Healthy Diet

Wed, 12 May 2010

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Approximately 94 percent of breastfeeding [mothers](#) do not stick to a proper [diet](#), so says a University of Granada study.

The research revealed that 94 percent of nursing mothers did not adhere to a proper diet, as they did not eat the recommended daily intake of fat, iron and [vitamins](#) A, E. In addition, their [protein](#) intake was too high.

These results obtained should encourage breastfeeding mothers to improve their diet and increase the food supply to the newborn.

This study was led by Jose Luis Gsmez Llorente, Department of Pediatrics of the University of Granada, and coordinated by Professor Cristina Campoy Folgoso.



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