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Study Finds Poor Dietary Intake Among Breastfeeding Moms

by Sreeraman on May 12, 2010 at 6:33 PM

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About 94 percent of breastfeeding mothers do not follow a proper diet, according to a University of Granada study.

The study revealed that 94 percent of nursing mothers did not follow a proper diet, as they did not consume the recommended dairy 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.

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

To conduct the 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.

This study revealed some important data. 94 percent of mothers were found to consume a hypocaloric diet, mainly due to low consumption of fats. Conversely, 94 percent followed a diet rich in proteins, and their intake of proteins exceeded DRI. The analysed mothers showed deficiencies in Vitamin A and E; 88 percent of them did not meet DRI of Vitamin A, and 99 percent presented deficient Vitamin E intakes.

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As a general convention, issues are discussed when people start questioning the traditions being followed for long, or show an increased interest in it. The same has happened with the idea of breastfeeding. As a rule, mothers breastfed their infants for a year and sometimes longer, till the birth of the second child.

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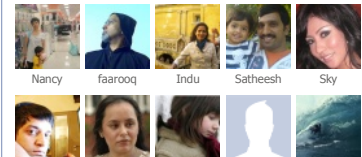
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