

# Health News

Entertainment Gadgets Sports PR News Products Freebies

**Vote 0** 9 in 10 breastfeeding mothers do not follow a proper diet

By ANI

May 12, 2010



Watch this video on [www.youtube.com](http://www.youtube.com)

**Here's A Eureka Moment**

This man has made a ground breaking scientific discovery. Find out how!  
[youtube.com/bigthink](http://youtube.com/bigthink)

**Washington,** (ANI): 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**.

This study was conducted by Jose Luis Gmez 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 dairy 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.

The intake of iron was 13.8 mg/day, which means that 94 percent of breastfeeding mothers did not meet DRI. They were found to have a deficient intake of this important micronutrient that is essential for the neurological development of their babies.

Jose Luis Gomez Llorente suggests that "human milk is the ideal method of feeding healthy newborns".

Among other nutrients, human breast milk supplies lipids, "which play a crucial role and contain unsaturated omega-3 and 6 fatty acids (linoleic acid and linolenic acid) and its long-chain derivatives (arachidonic acid (AA) and docosahexaenoic acid (DHA). The latter is associated with the development of different functions in the newborn, such as cognitive development (learning) and vision development; it is also associated with protection against allergic diseases and atopy."

"Breastfeeding mothers can significantly improve the composition of their milk by optimising their diet by following international recommendations," he notes. (ANI)

« [Previous Topic](#)

[Next Topic](#) »

[Click here](#)

Advertisement



**tus  
transferencia  
on line desde  
€ 4.90\* en la  
zona euro.**



**envía dinero ahora**

\* Oferta válida desde el 29 de Marzo hasta el 31 de Mayo de 2010 en la zona euro, Gran Bretaña, Países Nórdicos, Suiza y Liechtenstein. Además de los cargos de transferencia Western Union también obtiene garantía cuando cambia a moneda extranjera.

**WESTERN UNION** | **yes!**

**This website is  
hosted by  
WestHost**

More on "University of Granada"

[IMC University of Applied Sciences Krems, Austria Launches](#)

Apr 8, 2009 ... April 2nd, 2009 WASHINGTON - A new study conducted at the **University of Granada** (Spain) has found that 6 out of every 10 university students ...

[blog.taragana.com](http://blog.taragana.com)

[Granada varsity study says UNSC order failed to disrupt](#)

May 7, 2010 ... According to Juan Miguel del Cid Gmez, Professor of Finances and Accounting at the **University of Granada** and author of the study, ...

[breakingnews.gaeatimes.com](http://breakingnews.gaeatimes.com)

[Changes in social roles of men and women may increase](#)

Apr 9, 2010 ... The research conducted in the **University of Granada** employed a .... July 3rd, 2009 WASHINGTON - Researchers at the **University of Granada** in ...

[blog.taragana.com](http://blog.taragana.com)

[9 in 10 breastfeeding mothers do not follow a proper diet](#)

May 12, 2010 ... Washington, May 12 (ANI): About 94 percent of breastfeeding mothers do not follow a proper diet, according to a **University of Granada** study. ...

[blog.taragana.com](http://blog.taragana.com)

[Loud thinking helps solve maths problems quickly](#)

Dec 19, 2009 ... The **University of Granada** (Spain) study, which has been recently published in the journal "Revista de investigación psicoeducativa" and the ...

[blog.taragana.com](http://blog.taragana.com)

[Look up in the sky, to remember good things of life](#)

Apr 1, 2010 ... Psychology and Behavioural Physiology at the **University of Granada**, published in Ciencia Cognitiva: Revista Electrónica de Divulgación. ...

[blog.taragana.com](http://blog.taragana.com)

[Video games 'do not affect kids' academic performance'](#)

Mar 12, 2010 ... Angeles Llorca Diez from the Department of

Filed under [Health](#) | Tags: [Washington](#) | [Comment Below](#)

## Health News

High-dose vitamin D tied to increased fall risk among older women

Blame the thought of traffic for your increased BMI

Caffeine helps reduce mistakes made by shift workers

Physical therapist-led exercise boosts reduces hospital stay in ICU patients

Nicotine-containing hookah an unhealthy hit among youngsters

Eat nuts to improve cholesterol levels

Soon, 'magic pill' that will allow people to live beyond 100

Telephone therapy 'as good as face-to-face consultations' to beat the blues