

Zimbabwe Star

ZimbabweStar.com

Wednesday 12th May 2010

Volume 132/2010

More World News

Taylor Swift to be inducted into hall of fame

94 percent of breastfeeding mothers don't follow proper diet

Libyan Airlines plane crashes with 105 on board

Man takes lives of small children at Chinese school

Plane crashes in Libya
Seven die in China kindergarten attack

Cowell to go for pre-wedding makeover
Girls killed in Peshawar grenade throwing

North Korea claims to have carried out nuclear fusion

Thank you and goodbye, says an emotional Brown
Anwar unable to access important statements

A perfect publicity blend - from India's beauty care queen

Get World News headlines emailed to you daily.

AHORRA HASTA 70% **VUELOS desde 20€**  **eDreams**
viajamos contigo

94 percent of breastfeeding mothers don't follow proper diet

Zimbabwe Star
Wednesday 12th May, 2010
(IANS)

About 94 percent of breastfeeding mothers do not follow a proper diet, says a new study.

The research conducted by the University of Granada (UG) revealed that nursing mothers did not consume the recommended dairy intake of fat, vitamins A, E and iron, while protein intake 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 Gomez Llorente, paediatrician from the UG, and coordinated by Cristina Campoy Folgoso, a professor.

Researchers collected 100 milk samples from 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 three 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 that 94 percent of mothers were found to consume a hypocaloric diet, mainly due to low consumption of fats.

Conversely, they followed a diet rich in proteins, and their intake of proteins exceeded Dietary Reference Intakes (DRI).

DRI is a system of nutrition recommendations from the Institute of Medicine (IOM) of the US National Academy of Sciences, said an UG release.

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.



Email this story to a friend

Ads by Google

[Vuelos Granada](#)

-90 %

Ofertas vuelos por un 90 % menos en Granada.

Regístrate!

www.CityDeal.es/Vuelos-

[Hotel Dario](#)

[Granada](#)

Hotel estilo colonial ubicado el centro histórico de Granada

www.hoteldario.com

[Vuelos Granada](#)

desde 20€

Promociones de temporada.

Aprovecha Precios Increíbles, Compruébalo!

Vuelos-Granada.Bookma

[Hoteles Granada](#)

[*CHOLLOS*](#)

Hoteles en Granada *Chollos*

Descuentos de

-75% ¡Reserva

Online!

es.Excite.eu/Hotel-Granada