Mothers' Knowledge about the Foods that Improve Breast Milk Quality or Quantity

Abstract: Objectives: Mothers' nutrition is very important during lactation and good nutrition during this period guarantees Mothers' health in the future. Mothers change their diets during lactation in order to improve milk quality or quantity. The aim of this study was to determine mothers’ knowledge and opinions about the effect of foods on breast milk.

Methods: In this cross-sectional descriptive study, using a face-to-face questionnaire, 120 mothers with children less than two years old, who had come to Tabriz Pediatrics Hospital, participated. Data were collected by convenience sampling. Statistical analysis was carried out by means of the SPSS 11.5 and descriptive tests. The researchers asked mothers about their demographic characteristics and the effects of consuming different foods in their diets on breast milk.

Findings: Level of knowledge in 95.8% of mothers was poor and 4.2% had moderate level of knowledge. None of the mothers had high level of knowledge about the effect of foods on breast milk. Mothers also were asked about the effect of consuming fruits and vegetables, water, tea, milk, cereals, fish, meat, fatty foods, and sweets on breast milk. They pointed some effects like improving milk quality or quantity, decreasing infant colic, causing colic, diarrhea, and skin eruption. 75% of mothers believed that milk and dairy and 85% believed tea improves milk production. About the effect of cereals, 32.5% of mothers believed it would cause infant colic.

Conclusion: Mothers changed their diets according to their beliefs. Most of studied mothers had poor level of knowledge about the foods which affect breast milk and this shows the necessity of nutrition education for lactating mothers.

Mothers' nutrition, Breast milk quality and quantity, Knowledge, Opinion

Presentation: Poster