

REVIEW OF ACQUAINTANCE AND ATTITUDE OF NURSING MOMS TOWARDS BREAST FEEDING PRACTICES

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ABSTRACT

A notable saying "your wellbeing will rely upon the sort of food you eat". A strong eating routine contains an in any event, eating routine made from really critical enhancements in right degree. It prevents absence of sound food and start of sicknesses like weight, diabetes, heart infirmities, illness and stroke to give a few models. Infant kid and little youth dealing with rehearses are of prime importance to keep up the dietary status of children between 0 two years old enough and are much of the time impacted by regular practices. Child and little child dealing with rehearses, absence of solid food and child perseverance rates in the country are interlinked. Emphasis on further developing these practices is an essential development for better progression and prosperity of kids. Infecting and weak wellbeing during the pinnacle season of progression in the underlying two years of life impact the advancement ability of children. Breastfeeding is a fundamental human activity, critical to infant youngster and maternal prosperity likewise, of huge monetary motivation to families and social orders. To overview the inspiring data and outlook towards breast milk among rural nursing mothers, present examination was driven. The sample was 200 urban and 200 rural lactating mothers. Purposive Random sampling technique was used to accumulate the information. The data was accumulated authentically from mothers by using coordinated overview to assess the dietary data and mentality of nursing mother. After the data collection, coding and analysis, post intervention has been done by providing the detailed information about the breast-feeding practices and its significance. Thereafter again their nutritional knowledge and attitude was assessed under different heads. Coding was done based on information and mentality. After this, content and measurable investigation was complete operating frequency.

Key words: Nursing Breast Feeding Lactating mothers

INTRODUCTION

Lactation is the cycle by which milk is composed and discharged from the mammary organs of the post pregnancy female bosom because of a new-born child sucking at the nipple. In India, it is observed that diets of women from the low socioeconomic groups are essentially similar during prepregnant, pregnant and lactating periods. Consequently, there is widespread maternal malnutrition leading to high prevalence of low-birth-weight infants and very high maternal mortality. Additional foods are required to improve weight gain in pregnancy (10-12 Kg) and birth weight of infants (about 3 Kg).

Sustenance is the investigation of supplements in food, how the body utilizes them, and the connection between diet, wellbeing, and ailment. It is characterized as the procedures by which a creature or plant takes in and uses food substances. Great sustenance is a significant piece of driving a solid way of life. Joined with physical action, you're eating regimen can assist you with reaching and keep up a solid weight, diminish your danger of incessant sicknesses (like coronary illness and disease), and advance your general wellbeing.

Breastfeeding, otherwise called nursing, is the taking care of infants and little youngsters with milk from a lady's breast. Wellbeing experts suggest that breastfeeding start inside the primary hour of an infant's life and proceed as regularly and as much as the child needs.

Breast taking care of is an individual choice a mother needs to make cautiously, considering the advantages and weights it will bring to both mother and child. Breast taking care of offers numerous advantages. It assists infants with getting the correct nourishment and can assist moms with recuperating from pregnancy and conveyance. Critically, breast taking care of can advance a bond among mother and child. It is assessed that roughly 62% of mom's breast feed their kids. Expecting moms intending to medical caretaker ought to examine breast taking care of with a doctor, nurture, or ensured lactation advisor before conceiving an offspring. A solid infant can profit by breast milk, packaged milk or a mix of the two.

Breast milk gives numerous medical advantages and is the ideal first nourishment for your child. No different fluids or nourishments ought to be given to your infant, including water, sugar water, juice, equation, soups, rice grain or pureed food sources.

The measure of breast milk you make will increment over the initial not many days after birth. Breast milk is the ideal parity of water and supplements containing fats, sugars, proteins, minerals, nutrients, antibodies and catalysts. It is likewise intended to

advance cerebrum and body development. As your infant becomes more seasoned, your milk changes to meet your child's wholesome needs.

Breast milk is the complete nourishment for the half year of life there are no prerequisite of extra food and drink. It is protected and more beneficial of the infant. Breast milk is the all supplement's structure which required for the youngster development and improvement. It is the perfect milk for child incorporates the all-supplements requirements for the beginning half year of life of infant. Breast milk contains the protein, nutrients, fat, catalysts and antibodies. It shields the infant from the contamination play act like a guard against disease. Breast milk taking care of help in advance the engine, tangible, psychological and physical turn of events and it secure against the contamination and interminable sickness. Select Breast milk taking care of is suggested beginning the half year of child. Select Breast milk taking care of decrease the pace of mortality since baby for the most part sick from the runs and pneumonia. It helps in recuperation from the disease.

Breastfeeding likewise permits you and your child to bond in a manner that can't be coordinated by bottle taking care of. Breastfeeding meets both your infant's dietary and sustaining needs. Breastfeeding is likewise advantage for moms. The fat which put away during the pregnancy through the breastfeeding will help disposes of this put away fat tissue. This fat utilizing as a wellspring of vitality to deliver milk. During pregnancy the mother body not just put away the fat which are utilized in the Breast milk taking care of yet additionally store the other significant supplement protein during pregnancy which help in milk creation. It also takes care of mother likewise generally safe of the illnesses like Breast milk malignancy, ovarian disease, endometrial tumors, type 2 diabetes and osteoporosis. It additionally help in space between kids. It forestalls baby blues haemorrhage. It is prosperity of the mother.

Dietary knowledge is one of the ways to conquer the issue. Mother ought to have the option to comprehend the significance and job of nourishment in our life and its impact on both newborn child and mother wellbeing. When lactating mother have great sustenance of information then the issue of lack of healthy sustenance in mother and newborn child it will come to decrease. What's more, the future and abundance of our country are solid.

Research Methodology

Breast feeding has several benefits for both the infants and mothers. However, despite strong evidences in support of breast feeding its prevalence has remained low worldwide. The objective of the present study was to examine the knowledge and attitude towards breast feeding and infant feeding practices among Indian postnatal mothers. To evaluate the nourishing knowledge & attitude of urban and rural nursing moms before and after assessment, present study was led in Delhi. The sample was comprised of 200 urban lactating and 200 rural lactating moms. Purposive Random inspecting strategy was utilized to gather the data. The information was gathered straightforwardly from moms by utilizing organized survey to evaluate the nourishing information and attitude of nursing mother. After the information assortment, information will be coded efficiently and arranged under various heads. Coding was done based on information and attitude. After this, content and measurable investigation was finished utilizing percentages.

Demographic data survey instrument

The demographic form elicited information on participants' background: age, marital status, religion, place of residence, employment, education, family's monthly income, type of delivery, number of deliveries, current breast-feeding practices, exclusive breast feeding and initiation of breast feeding within an hour.

Questionnaires Data Collection

A structured questionnaire has been used to assess the knowledge & attitude towards breastfeeding among postnatal mothers.

Data collection procedure

After obtaining the permission from all mothers, they were given an explanation of purpose of the study. Written informed consent was obtained from the mothers who were willing to participate in the study. Data were collected by the researchers through face-to-face interview. It took approximately 20 minutes to complete the structured questionnaire. During this research, intervention was done in order to make them understand the importance of breast-feeding practices. Researchers also educated the mothers about the importance of continuing breast feeding up to 2 years.

Ethical Consideration

Written consent was obtained from the participants and they were given freedom to quit the study. Participants' confidentiality was respected.

RESULTS & DISCUSSION

Table1. SOCIO DEMOGRAPHIC ADVENTS OF THE RESPONDENTS

Characteristics	Frequency (n=200)	Percentages (%ages)
Age of the respondents		
< 25	54	27
25-30	106	53
31-35	40	20
36-40	-	-
Type of Family		
Joint	168	84
Nuclear	32	16
Educational Status		
Matric	80	40
Higher Sec	60	30
Graduation	40	20
Post-Graduation	20	10
Other	-	-
Occupational Status		
Working	44	22
Not Working	156	78

Table 1 demonstrates that majority of the nursing mothers (53%) were in the age group of 25-30 years; 27% were below the age 25 years, 20% were in the age scope of 31-35 years. Larger part of the respondents for example 84% were from joint family and 16% were from nuclear. Dominant part of them were matriculate i.e., 40%, trailed by higher secondary (30%) and just 20 % of them were graduates and 10% were post graduates.

Table 2: Knowledge of urban and rural nursing mothers towards Breast feeding

PARAMETERS	URBAN(N=200)	RURAL(N=200)	TOTAL(N=400)
GOOD KNOWLEDGE	152(76%)	61(30.5%)	213(53.25%)
POOR KNOWLEDGE	48(24%)	139(69.5%)	187(46.75)

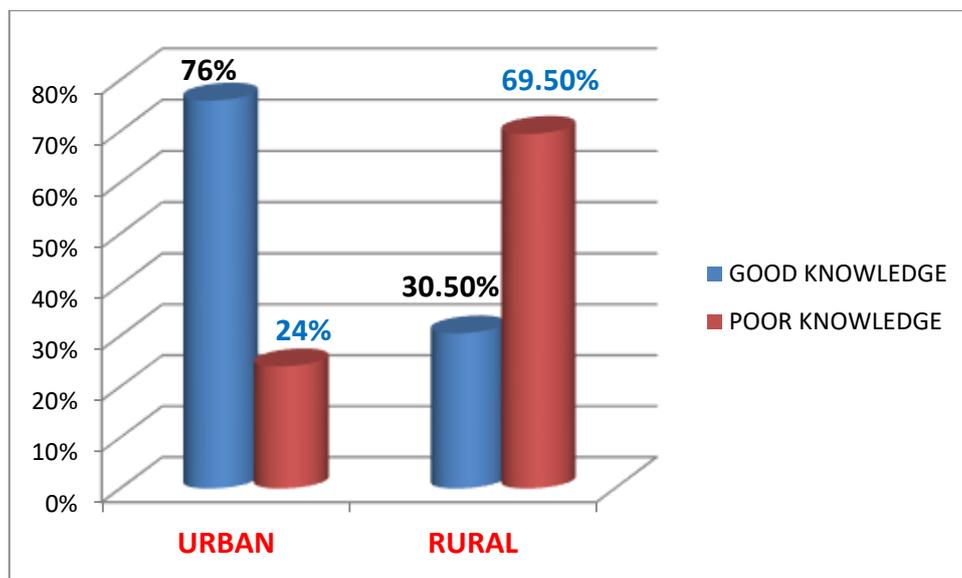


Fig 1

The information introduced in the table 2 uncovered that greater part (76%) of the urban nursing moms knows and have great information about the bosom taking care of advantages and (almost 70%) of the rural nursing moms don't know about something similar. They have poor knowledge regarding the breast feeding. However only 24% of urban nursing moms were having poor knowledge and just 31% of rural nursing mothers had great information in regards to something very similar.

Table 3. Post Intervention Assessment of knowledge of urban and rural nursing mothers towards Breast feeding

PARAMETERS	URBAN(N=200)	RURAL(N=200)	TOTAL(N=400)
GOOD KNOWLEDGE	155(77.5%)	110(55%)	265(66.25%)
POOR KNOWLEDGE	45(22.5%)	90(45%)	135((33.75%)

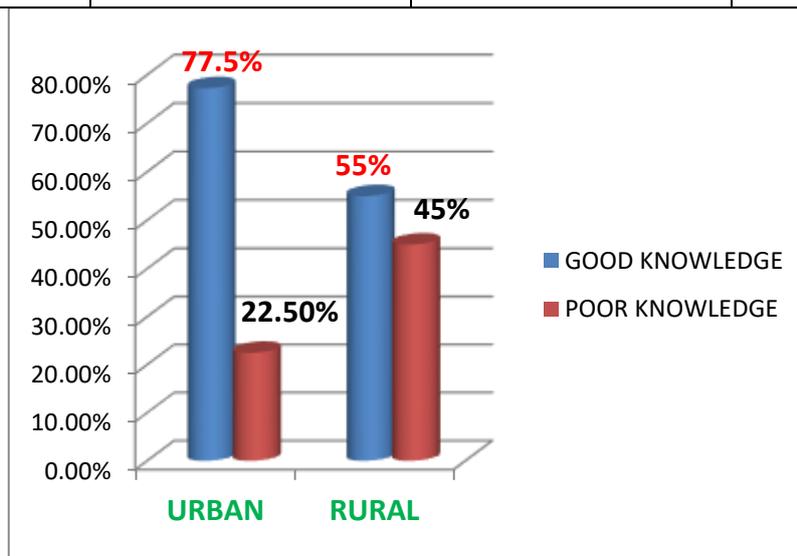
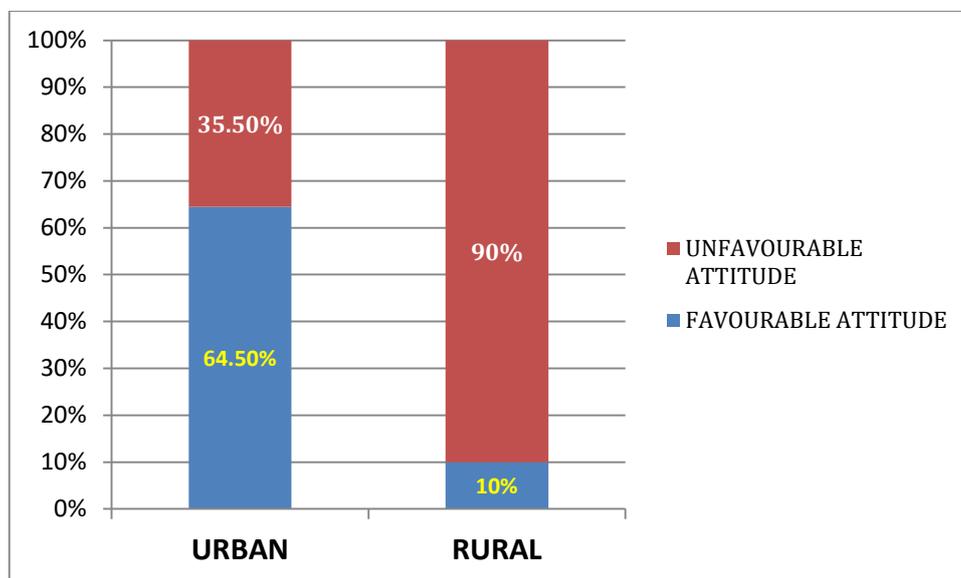


Fig 2

It is evident from the above table that majority of the urban and rural nursing attained better knowledge after intervention whereas rest of them were still having poor knowledge. During an informal discussion with them it has been found that the rural mothers are not easily ready to accept the change. Also, some of them stated that their mom in laws is not allowing them to bring change in their feeding pattern. A study conducted by **Madhu, K et.al** emphasized that the need for breastfeeding intervention programs especially for the mother during antenatal and postnatal check-ups and practices like discarding the colostrum and early/late weaning are still widely prevalent and need to be addressed.

Table 4. Attitude Of Nursing Mothers Towards Breast Feeding

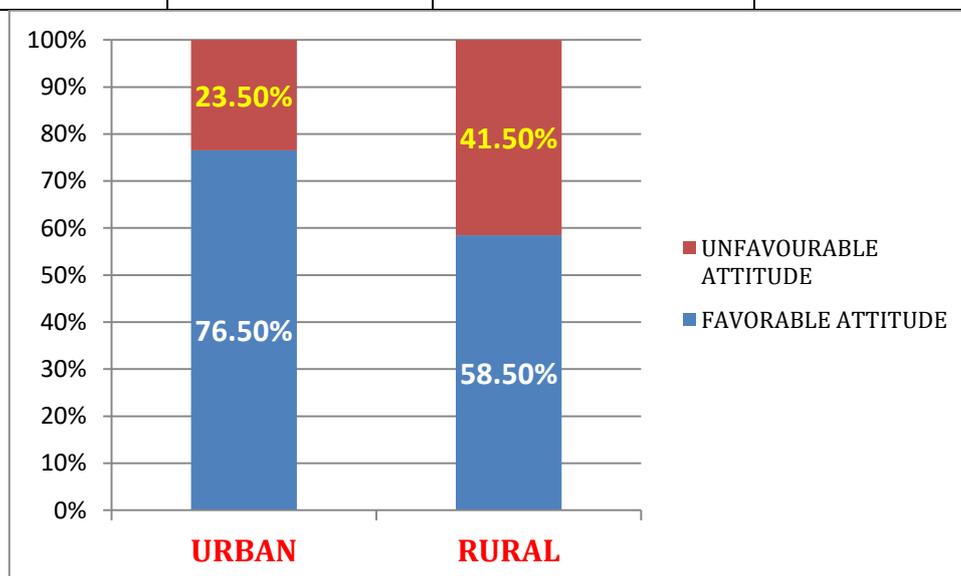
PARAMETERS	URBAN(N=200)	RURAL(N=200)	TOTAL(N=400)
Favourable Attitude	129(64.50%)	20(10%)	149(37.25%)
Unfavourable Attitude	71(35.50%)	180(90%)	251(62.75%)



The data presented in the above table revealed the attitude of nursing mothers towards breast feeding. Surprisingly, 90% of the rural sample showed unfavourable attitude towards breast feeding practices whereas almost 65% of urban sample showed favourable attitude towards breast feeding. Similar study conducted by Habta, F., et al. (2016) conducted a study entitled “Knowledge, attitude and practice towards exclusive breastfeeding among lactating mothers in Mizan Aman town, Southwestern Ethiopia: descriptive cross-sectional study” and found that the majority of mothers knew about EBF and had a positive attitude towards EBF but did not know the recommended duration or that EBF is sufficient for six months. We suggest improving access to information about recommended infant feeding guidelines and fulfilling the minimum enabling conditions.

Table 5. POST INTERVENTION ASSESSMENT THE ATTITUDE OF NURSING MOTHERS TOWARDS BREASTFEEDING

ATTITUDE	URBAN(N=200)	RURAL(N=200)	TOTAL(N=400)
Favourable Attitude	153(76.50%)	117(58.50%)	270(67.5%)
Unfavourable Attitude	47(23.50%)	83(41.50%)	130(32.5%)



Above fig depicts that after post intervention, their attitude towards breast feeding practices was improved. This indicates that these nursing mothers especially rural mothers needs counselling regarding such issues. The current recommendation by World Health Organization (WHO) is exclusive breastfeeding for six months duration, and further, to initiate complementary foods at six months of age while the mother continues to concurrently breastfeed her baby up to 24 months of age.

DISCUSSION

Our findings show that the knowledge and attitude of nursing mothers towards breast-feeding was low. The counselling should be continued after the delivery of the baby. The counselling should be gone on after the conveyance of the child for persistent training to the mother and family about the appropriate consideration of infant, inception of breastfeeding, the data in regards to the benefits and span of breastfeeding, the significance of colostrum taking care of, the circumstance of weaning should be given. Subsequently, it is critical to give pre-natal education to moms on bosom taking care of. We likewise suggest reinforcing the public wellbeing education efforts to promote breast feeding.

CONCLUSION: Breastfeeding is seen to be a widespread practice in the study area and acknowledged to be healthiest food for infants. Apart from exclusive breastfeeding initially, the time of introduction, content, and consistency of complementary feeds are critical for early nutrition. The early exhibition of complementary feeds before the age of six months can lead to the displacement of breast milk and increased risk of infections, besides the babies being physiologically immature. Similarly, insufficient and inappropriate complementary feeding with unhygienic practices leads to recurrent and persistent infections and malnutrition which is followed by growth retardation, immunodeficiency, and eventually fatal outcomes. This is a worry for the Indian situation where past investigations have proposed a powerlessness to keep up with select breastfeeding and the late introduction of complementary feeds.

Keeping in mind the objectives of the present research and its findings, the dietary app is created. This app is named postnatal nutritional checkup app. with the help of this app, one can easily get the nutritional intake per day. Along with that few nutritious recipes are given

DIETARY APP

Breast Milk For kids: Breast milk is the most nutritious nourishment for infants. It additionally shields from contamination, hypersensitivities, some constant sicknesses and youth malignancies, and unexpected baby demise condition (SIDS). Breastfeeding permits eye-to-eye connection and actual closeness, fortifying the association between the kid and mother.

Breastfeed ought to be preceded before through the kid's first year of life after the introduction of various food source. Breastfed babies have:

- Stronger immune system
- Bosom milk gives the ideal sustenance to babies
- It has an almost ideal blend of nutrients, protein, and fat - all your child requires to develop.
- Bosom milk contains antibodies that assistance your child ward off infections and microorganisms.
- Breastfeeding brings down your child's danger of having asthma or hypersensitivities. Besides, infants who are breastfed solely for the initial half-year, with no recipe, have fewer ear diseases, respiratory sicknesses, and episodes of looseness of the bowels
- It is handily processed than the newborn child equation...
- Less diarrhea, gastroenteritis, gastroesophageal reflux, and preterm necrotizing enterocolitis (NEC)
- Fewer colds and respiratory ailments like pneumonia, respiratory syncytial infection (RSV), and challenging hack
- Fewer ear diseases, particularly those that harm hearing
- Less instance of bacterial meningitis
- Better vision and less retinopathy of rashness
- Lower paces of newborn child mortality
- Lower Paces of Sudden Infant Death Syndrome (SIDS)
- Less ailment generally leads to less hospitalization
- Guardians have up to multiple times less non-appearance from work

Benefits of Breastfeeding for children

Bosom milk gives plentiful and effectively ingested wholesome parts, cell reinforcements, compounds, insusceptible properties, and live antibodies from the mother. Mother's more experienced invulnerable framework makes antibodies to the germs to which she and her child have been uncovered. These antibodies enter her milk to help shield her child from an ailment. Immunoglobulin A coats the covering of the child's juvenile digestive organs helping germs and allergens from spilling through. Bosom milk additionally contains substances that normally alleviate newborn children.

Benefits of Breastfeeding for Mothers

- Advances quicker weight reduction after birth, consuming around 500 additional calories daily to construct and keep a milk supply.
- Animates the uterus to an agreement and recover to typical size.
- Less post-pregnancy dying
- Less urinary plot diseases
- Less possibility of frailty
- Less danger of post-birth anxiety and more sure temperament

Additional diet requirements during pregnancy and lactation

Pregnancy is a demanding physiological state. In India, it is observed that diets of women from the low socioeconomic groups are essentially similar during, preconception, antenatal and postnatal periods. To improve weight gain in pregnancy (10-12 kg) and birth weight of infants (about 3 kg), additional foods are required.

Different methods to meet nutritional demands during pregnancy and lactation

The pregnant/lactating lady has to eat a wide range of different foods to ensure that her healthful necessities met her developing embryo. There is no specific need to adjust the typical dietary pattern. Nonetheless, the amount and recurrence of the utilization of the various food sources ought to be expanded. She can infer the most extreme measure of energy (about 60%) from rice, wheat, and millets. Cooking oil is a concentrated wellspring of both energy and polyunsaturated unsaturated fats. Great quality protein is gotten from milk, fish, meat, poultry, and eggs. Nonetheless, an appropriate blend of oats, heartbeats, and nuts additionally gives sufficient proteins. Mineral furthermore, nutrient necessities are met by devouring an assortment of occasional vegetables especially green leafy vegetables, milk, and new organic products.

Consumption of matured and grown grams and the foods which are rich in Vitamin C like Citrus fruits should be improved to maintain the bioavailability of iron. Milk is the best wellspring of naturally accessible calcium. Although it is conceivable to meet the necessities for the greater part of the supplements through a fair eating routine, pregnant/lactating ladies are educated to take everyday supplements regarding iron, folic corrosive, nutrient B, and calcium.

POINTS TO REMEMBER

- More food should be given during lactation.
- More whole grains, sprouted grams, and fermented foods should be given.
- Milk/meat/eggs should be given in adequate amounts.
- Maximum food and Vegetables should be given.
- Superstitions and food taboos should be avoided.
- Alcohol and tobacco should not be used.
- Iron, folate, and calcium supplements should be given regularly during lactation.

FOLATE-RICH FOODS

- Folic acid is essential for the synthesis of hemoglobin.
- Folic acid deficiency will lead to macrocytic anemia.
- Pregnant women need more folic acid.
- Folic acid supplement will increase birth weight and reduce congenitally Anomaly
- Green leafy vegetables, legumes, nuts, and liver are good source of folic Acid.
- 500 mg (0.5mg) folic acid supplementation is advised preconceptionally for pregnant women with a history of congenital anomalies (Neural tube defects, cleft palate).

IRON-RICH FOODS

- Iron is needed for hemoglobin synthesis, mental function and to provide immunity against diseases.
- The deficiency of iron leads to anemia.
- Iron deficiency is commonly found particularly in women of reproductive age and children.
- Iron deficiency in pregnancy increases maternal mortality and low birth Weight infant.
- Susceptibility to infection increases in children and may lead to decreased learning ability.
- Green leafy vegetables, legumes, and dry fruits which contain iron should be planted.
- Iron should be obtained through meat, fish, and poultry products.
- Iron bioavailability is poor from plant foods but is good from animal foods.
- Vitamin C - rich fruits like gooseberries (Amla), guava, and citrus improve iron absorption from plant foods.
- Beverages like tea bind dietary iron and make it unavailable. It should not be consumed before during or soon after a meal.
- Plant based diet will provide around 18mg of iron as against recommended intake of 35mg per day. Therefore, Iron supplements (100 mg elemental iron, 0.5 mg folic acid) are recommended for 100 days during pregnancy from the 16th week onwards to meet the demands of pregnancy.

ZINC-RICH FOODS

- A wide variety of foods contain zinc. Oysters contain a higher amount of zinc per serving than any other food, and in the American diet, red meat and poultry provide the majority of zinc.
- Other good food sources include beans, nuts, certain types of seafood (such as crab and lobster), for taking the right amount of zinc people can take whole grains, fortified breakfast cereals, and dairy products also.
- whole-grain bread, cereals, legumes, and other foods—bind zinc and inhibit its absorption due to Phytates—which are present in these foods. hence, the bioavailability of zinc from grains and plant foods is relatively lower than that from animal foods, although many grain- and plant-based foods are still good sources of zinc.

Importance of breast milk

- Breast milk is the most natural and perfect food for the normal growth and healthy development of infants.
- Colostrum is rich in nutrients and anti-infective factors and should be fed to infants.
- Breastfeeding reduces the risk of infections.
- It will establish mother-infant contact and will promote mother-child bonding.
- It prolongs birth interval by fertility control (delayed return of menstruation).
- Breastfeeding helps in the retraction of the uterus.
- The incidence of breast cancer is lower in mothers who breastfeed their children.
- Breastfeeding is associated with the better cognitive development of children and may provide some long-term health benefits.

Essentials of breastfeeding

Breast milk contains all fundamental supplements required for the newborn child; it gives the best sustenance and shields the baby from diseases. Breast milk is natural food which is easily digested and absorbed by the infant as compared to formula milk prepared from other sources. Colostrum, which is the milk secreted during the first 3-4 days after childbirth, is rich in proteins, minerals, vitamins especially vitamin A and antibodies. In addition, it has a laxative effect as well. The amount of milk secretion will increase gradually in the first few days after delivery which will reach the peak during the second month, which level should be maintained till 6 months of age. An average Indian woman secretes about 750 ml of milk per day during the first 6 months and 600 ml/day subsequently up to one year. Essential components should be in concentrated amounts in colostrum as compared to mature milk, which compensate for the low output during early lactation.

Breast feeding will help to reduce fertility and will facilitate the spacing of children. Lactation provides emotional satisfaction to the mother and the infant. Recent evidence suggests that human milk may confer some long-term benefits such as the lower risk of certain autoimmune diseases, inflammatory bowel disease, obesity, and related disorders, and probably some cancers. Breastfeeding is related with better mental advancement conceivably because of the great substance of docosahexaenoic acid (DHA) which assumes a significant part in mental health. Breast milk is the best milk for the infant and developing baby.

Commencement of breastfeeding and its continuance

Mother-baby contact ought to be set up as soon as could be expected (following birth) by allowing the newborn child to suck at the breast. Moms can breastfeed from as soon as 30 minutes after conveyance. Colostrum should be given to the infant immediately after birth. Honey, glucose, water, or dilute milk formula before lactation should be avoided and the infant should be allowed to suck, which will help to establish lactation. Colostrum should not be discarded as it is practiced sometimes. In India, breast feeding is more common among the rural and urban poor and less common among urban middle and upper classes. The poorer groups continue breastfeeding for a longer duration than the educated upper- and middle-income groups. The financially advantaged or the working mother will in general suspend breastfeeding early. A child ought to be solely breastfed as long as a half year and correlative food varieties ought to be presented from that point. Breastfeeding can be proceeded as far as might be feasible, even as long as 2 years. Request taking care of will help in keeping up with lactation for a more drawn-out time frame. On the off chance that children are peaceful and rest for 2 hours subsequent to taking care of, it will show satisfactory weight gain, and afterward it is expected as sufficient. Bosom took care of newborn children needn't bother with extra water. Feeding water reduces breast milk intake and increases the risk of diarrhea and should, therefore, be avoided. Giving additional water is unnecessary even in the hot climate.

Maternal malnutrition and breast-milk

The composition of breast milk depends to some extent on maternal nutrition. In general, even undernourished mothers can successfully breastfeed. In cases of severe malnutrition, both the quality and quantity of breast milk may be affected. The protein content of breast milk appears to be much less affected as compared to fat in malnutrition. The concentration of water-soluble vitamins, as well as fat-soluble vitamin A (beta-carotene), is influenced by the quality of the maternal diet. Supplements of vitamin A and B-complex to lactating mothers will increase the level of these vitamins in breast milk. Zinc and iron from breast milk are

better absorbed as compared to other food sources. Trace element composition of breast-milk, however, is not affected by the mother's nutritional status

Breast-milk inhibits infection

Diseases and death among breast-fed infants are much lower than those among formula-fed infants. Breastfeeding protects against diarrhea and upper respiratory tract infections. The Bifidus factor in breast milk promotes the natural gut flora. Gut flora and low pH of breast milk will inhibit the growth of pathogens. Breast milk has immunoglobulin's (IgA), lactoferrin, lactoperoxidase, and complements which protect the infant from several infections. Antibodies to *E-coli* and some viruses are found in breast milk, which protects the gut mucosa. Breastfeeding also protects infants from vulnerability to allergic reactions.

Psychological and Emotional preparation of mother for breastfeeding

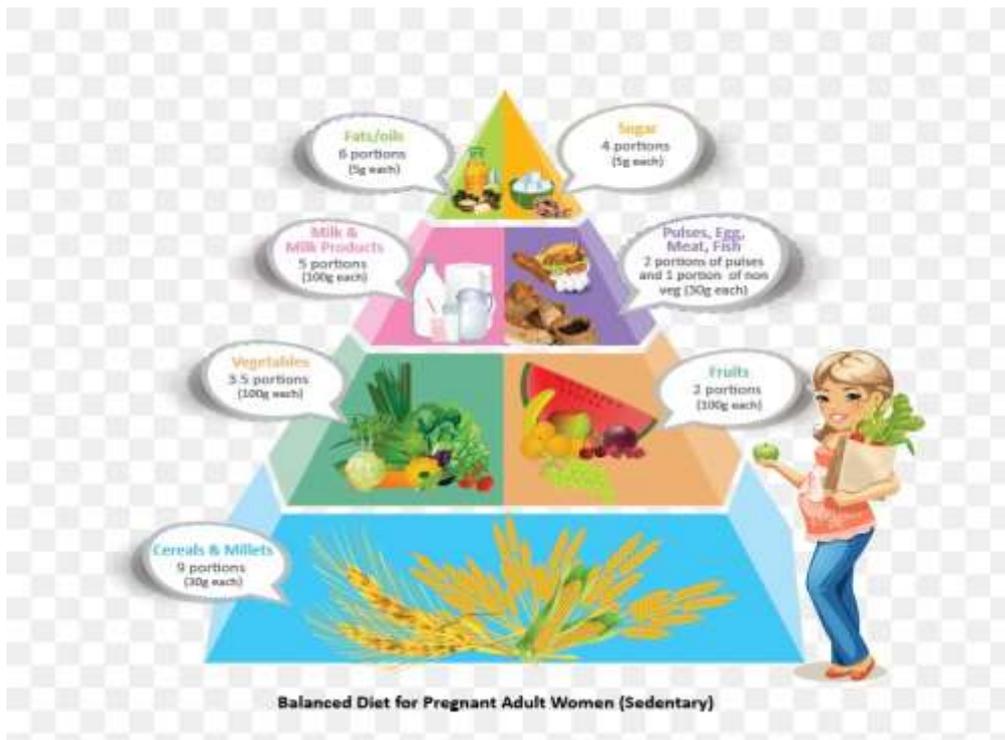
It is vital that the woman is sincerely ready during pregnancy for breastfeeding and is urged to eat an even eating routine. Emotional upset and anxiety should be avoided and adequate rest should be ensured. It is necessary to prepare the breast, particularly the nipple, for breastfeeding. The mother should initiate breastfeeding as early as possible after delivery and feed the child on demand. Milk production of the mother is determined by the demand of infant. Frequent sucking by the baby and complete emptying of the breast is important for sustaining adequate breast milk output. A working mother can express her breast milk and store it hygienically for up to 8 hrs. This can be given to her infant by the caretaker.

POINTS TO PONDER

- Start breastfeeding within an hour after delivery and do not discard colostrum.
- Breast-feed exclusively (not even water) should be done for a minimum of six months if the growth of the infant is adequate.
- Continue breastfeeding in addition to nutrient-rich complementary foods (weaning foods), preferably up to 2 years.
- Breast-feed the infant frequently and on-demand to establish and maintain a good milk supply.
- Nutritionally adequate diet both during pregnancy and lactation should be taken.
- Tobacco (smoking and chewing), alcohol, and drugs during Lactation should be avoided.
- Ensure active family support for breastfeeding.

World Breast feeding week from August 1 to August 7, is jointly sponsored by the World Health Organization (WHO) and United Nations Children's Fund (UNICEF) and will be celebrated in hundreds of countries. Events during the week aim to encourage breastfeeding as a way to improve the health of mothers and babies around the globe. The NICHD supports and directs many examinations connected with baby taking care of, including breastfeeding and bosom milk. Such investigations incorporate (yet not restricted to) the medical advantages of breastfeeding and bosom milk, recognizable proof of parts of human milk (supplements and bioactive parts), factors that impact the synthesis of human milk, factors that impact the turn of events and strength of the mammary organ, the social and social effects of breastfeeding and newborn child taking care of, and the systems by which human milk presents security against infection. The NICHD likewise upholds a few organizations that direct breastfeeding research and different exercises connected with breastfeeding.





Food which includes in recipes for lactating mothers

1. Oats
2. Barley
3. Gum or resin (goond)
4. Dates

5. Poppy seeds
6. Pumpkin, melon, watermelon seeds
7. Dry ginger powder
8. Millet or Bajra
9. Jaggery
10. Ajwain

Recipe of lactating mothers

1. Spinach and Potatoes with a Splash of Poppy Seeds



What You Need

- 1 bunch of spinach, cleaned and chopped
- 4-5 medium-sized potatoes, chopped
- ½ cup poppy seeds
- 1 tsp mustard seeds
- 1 tsp fenugreek seeds
- 2 green chilies, finely chopped
- 1/2 tbsp fresh ginger, finely chopped
- 2 tbsp oil (any vegetable oil)
- ½ tsp turmeric powder
- Salt to taste

How to Make

- Heat oil in a pan.
- Add the mustard seeds, fenugreek seeds, chilies, and ginger to the hot oil. Cook for a minute.
- Add the turmeric powder, salt, and potatoes.
- Make a paste of the poppy seeds by adding some water.
- This paste should be added to the potatoes.
- Fold the spinach leaves into the potato mixture and cook until done.
- Serve hot with roti or parantha

2. Yummy Methi Soup



This is one of the most healthy and tasty soup recipes for breastfeeding moms.

What You Need

- 1 cup chopped methi leaves
- 1 medium-sized tomato, chopped
- 1 medium-sized onion, chopped
- 4-5 cloves of garlic, minced
- 2 cups of water
- 2 tsp sesame seeds
- 1 tbsp vegetable oil
- Pepper powder and salt to taste

How to Make

- Heat oil in a heavy-bottomed pan.
- Put the garlic and onions in the pan, and sauté till golden brown.
- Add the tomatoes and cook for a few minutes.
- Add the methi leaves and cook until done.
- Add water and pressure cook for one whistle.
- Take half of the mixture and churn it in the blender.
- Mix with the rest of the soup and cook for 15-20 minutes.
- Add pepper and salt to taste.
- Mix well and serve hot.

3. Vegetable Dalia



This savory delicacy with veggies is good to pep up your milk supply.

What You Need

- ½ Dalia
- 1 cup of water
- 1 cup of mixed chopped vegetables (carrots, cauliflower, potatoes, capsicum, etc.)
- 1 onion, chopped
- 1 tsp cumin seeds
- 1 tsp chili powder
- 1 tbsp oil
- Salt to taste

How to Make

- Heat oil and add the cumin seeds to a pan.
- Add the onion, and cook for a minute.
- Add all the vegetables, chili powder, and salt.
- Add the Dalia and cook with vegetables for 3-4 minutes.
- Add the water, cover, and cook for 8-10 minutes or until done.

4. Yummy Barley Porridge



This is an ideal meal to curb your hunger pangs at wee hours.

What You Need

- 2-3 tbsp barley (soaked overnight)
- A handful of mixed nuts
- 4 cups of water
- 1 tsp jaggery/brown sugar

How to Make

- Pressure cook the barley, and after it cools down, grind it with some water.
- Cook this paste with water and keep stirring to avoid any lumps.
- Add the nuts and jaggery, and serve hot.

5. Nutritious Bajra Dosa



This recipe is ideal for new mothers who are breastfeeding. It helps to boost iron levels and prevent constipation.

What You Need

- ¼ cup of urad dal
- ¼ cup of rice (parboiled)
- 1 cup of bajra
- 1 tsp methi seeds
- Salt

How to Make

- Soak dal, rice, bajra, and methi seeds overnight.
- Grind the ingredients into a smooth batter by adding a little water.
- Add salt and let it ferment for 6 to 7 hours.
- Heat a flat pan and grease it with oil.
- Pour dosa batter and spread. Cook on both sides.

- Serve with sambar or chutney.

6. Beetroot Pulao



This is an ideal food recipe for breastfeeding moms.

What You Need

- 1 cup of rice
- 1½ cup of water
- 1 beetroot, finely chopped
- 1 tsp cumin seeds
- 1 tsp coriander powder
- 1 green chili, chopped
- ¼ cup of coriander leaves, chopped
- 1 tbsp oil
- Salt

How to Make

- Heat oil in a pan and add the cumin seeds, chili, beetroot, salt, and coriander powder.
- Cook for 3-4 minutes then add the rice and cook for 2 minutes.
- Add water and cook till the rice is done.
- Garnish with coriander leaves.

7. Moong Daal Chila



This easily digestible vegetarian breastfeeding recipe is a good option for newbie-mommies.

What You Need

- ½ green moong dal, soaked overnight
- 1 onion, chopped
- 1 green chili, chopped
- ½ tsp cumin powder
- 1/2 tsp coriander powder
- ½ tsp chili powder
- ¼ cup coriander leaves, chopped
- 1 tbsp oil
- Salt to taste

How to Make

- Grind the moong dal with some water.
- Add all the ingredients to the chilla batter.
- Heat a flat pan, grease with oil.
- Pour a spoonful of the batter and spread it nicely.
- Cook on both sides.
- Serve the hot chilla with green chutney or any sauce of your choice.

8. Ajwain Halwa



This sweet delicacy is a yummy way to pep up the energy levels of a nursing mommy.

What You Need

- ½ cup whole wheat flour
- ½ ghee
- 1 cup of water
- ½ brown sugar
- ½ tbsp ajwain powder
- ½ mixed nuts

How to Make

- Heat the ghee in a pan, add the flour, and roast it until it turns brown.
- Add the nuts and roast for a few minutes.
- Add water and ajwain powder and cook for 3-4 minutes.
- Add sugar and cook until it dissolves.
- Serve hot.

These are some easy-to-make and delicious recipes that may help a new mother with her milk supply and help her deal with low energy levels.

DIET PLAN FOR LACTATING MOTHERS

EARLY MORNING: 1 Glass skimmed milk +10 almonds

BREAKFAST : Methi/Palak paratha+1/2 cup curd/raita

Or

: 3 slice whole wheat bread+2 egg/paneer

Or

:1 cup poha/upma/daliya/oats

MIDMORNING :1 Fruit+1 methi laddoo+ coconut water

LUNCH :1 cup salad+2 rotis +1 cup rice +1 cup vegetable+1 cup daal with
Jeera/fish curry/meat

EVENING TEA :1 Glass skimmed milk + 1 goond laddoo/ Dry fruits chikki

MID MORNING :1 Fruit+1 cup daliya/poha/upma/oats

DINNER : 1 cup salad+ 2 rotis+1 cup rice+ 1cup green leafy vegetable+1 cup

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Dal/fish/meat

POST DINNER :1 Glass milk

SPECIAL CONSIDERATION

- Brisk walk -30 minutes daily or yoga or mediation.
- No smoking.
- Atta-10 kg wheat flour +1.5kgchanna flour+1/2 kg -1kg soya flour.
- Drink plenty of water.
- Avoid alcohol.

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