

OP16.1

Necessity of improving lactating mothers` diet

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Human milk`s composition can be influenced by the lactating women`s diet.

Background & Aim: Specific attention should be paid to maternal food sources that contain vitamins A, group B, C, and D, fatty acids and iodine, as the concentration of these nutrients in human milk are at least partially dependent on maternal diet.

Based on these assumptions we aimed to investigate the intake of macro- and micronutrients within lactating mothers in Romania (MAMA study). We selected a representative sample for urban area: 290 lactating women, with infants corresponding to number of births in the same area. The Family doctors collected data on the field between May-August 2015.

Methodology included 2 types of questionnaire:

- a face-to-face interview performed by family physicians to mothers covering frequency of consumption of major food groups;
- a food diary showing all food consumed by mothers during two non - consecutive days (self-registration, quantitative measurement for food cooked at home and labels for processed food).

Results: The study revealed a low consumption of fiber, vegetables and increased consumption of saturated fat of animal origin.

All the data from food diaries were transformed in macro- and micronutrients by a company specialised in nutrition.

The Institute of Medicine recommend intake of fiber for lactating women of 29 g per day. In the sample, the national average is 22.02 g (75% of RDA).

The average sodium consumption in the country is +146% vs. RDA.

Saturated fat represents 13.04% of calories compared to a maximum 10%. Polyunsaturated fats are present in a proportion of 5.42 % of calories (vs. 10% RDA).

Folic acid is only 32% of the RDA. Vitamin D has an average intake of 3.46 µg/zi (vs 23% RDA).

Conclusion: In Romania, lactating mothers diet supplementation with vitamin D, folic acid and PUFA is needed.