

## Nutritional status and diet quality of nursing mothers on exclusive breastfeeding

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### Abstract

The increase of obesity among the Brazilian female population in the late nineties led to an increase in the number of studies relating the postpartum period and breastfeeding with weight retention and, consequently, obesity in women. On the other hand, studies on food intake in the postpartum period using standardized instruments such as the 24-hour dietary recall and the Food Frequency Questionnaire (FFQ) could not be found in international databases. Nor were identified studies that used the Healthy Eating Index adapted to nursing mothers. A thorough assessment of the condition of the breastfeeding mother contributes to the quality of nutritional counseling during the nursing period. The aim of this study is to determine the nutritional status, identifying food consumption and the quality of diet of women who are breastfeeding exclusively.

**Objective:** Identifying the nutritional status, dietary intake and diet quality of nursing mothers on exclusive breastfeeding.

**Methods:** Cross-sectional study carried out with nursing mothers on exclusive breastfeeding from day 28 postpartum. Standardized instruments were used, and body mass index, food consumption and diet quality were evaluated.

**Results:** The nursing mothers were overweight, presented energy consumption below the recommended and adequate percentage of macronutrients, except for protein, which was elevated. The diet was classified as “needs improvement” according to the Healthy Eating Index (HEI).

**Conclusion:** In the assessment of nutritional status, women were considered to be overweight. The food consumption was considered below recommended. The consumption of proteins, lipids and carbohydrates was adequate according to the recommendations of the World Health Organization.

### Biography

Miriam Paulichenco Tavares is a Nutritionist, Master in Health Sciences from the Federal University of São Paulo - Unifesp (2011) and graduated in Nutrition from São Camilo University (1995). Currently is responsible for the Human Milk Bank from Irmandade Santa Casa de Misericórdia de São Paulo (ISCMSP) and is a member of the multidisciplinary Neonatal Intensive Care Unity focus group. Has 15 years of experience with Clinical Nutrition focused on maternal-infant nutrition, working mainly with the following topics: breastfeeding, maternal nutrition, food consumption and pediatric nutrition.

### Publications

Estado nutricional e qualidade da dieta de nutrizes em amamentação exclusiva.

Nutritional status and diet quality of nursing mothers on exclusive breastfeeding



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