

Lactating female

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Lactating Females Lactation is the generation of milk in mammary glands and its periodic excretion. The cycle starts straight after delivery under the influence of hormones. If the milk is not excreted, the lactation ends.

Lactation is a natural process and happens to any woman who gave birth to a child. The generation of the sufficient amount of milk depends on the generation of lactation hormones: placental lactogen, prolactin and oxytocin. It means that lactation is the process, which totally depends, on hormones. Lactating mother can follow all the necessary conditions for successful lactation, but none of them will work if in the organism there is no corresponding level of hormones (Mohrbacher, 2003).

While that the generation of milk depends on hormones, the quality of milk depends on the diet a lactating mother should follow. The diet of lactating female should be wholesome, because she has to restore her forces and health. The day regimen is very important as it is desirable to have breakfast, dinner and supper at the same time every day. If a woman breast-feeds during several months, she produces a huge amount of milk every day- approximately 1 litre. This needs at least 10g of protein, 70g of lactose, 40g of fats, 800 kilocalories a day. In order to continue to generate milk the losses should be recompensed by proper nutrition. Thus, it is necessary to eat and to drink more than usually (Wosje & Kalkwarf, 2004).

Food should be tasty and multifarious. The diet should include the products of all groups: milk, meat, porridge, fruits, vegetables, sweets. It is necessary to consume fiber: cracked wheat bread, prune, vegetables. Fiber is very useful, because it helps to evacuate bowels. It is also necessary to take vitamins during lactation. However, the reaction of a child should be carefully supervised. There are special vitamins for pregnant and lactating
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females (McNeilly, 1997).

Lactating mother faces many problems with nutrition as a child may have an allergy to some food, moreover the relatives can give various advices. The most widespread advice is to eat as much as it is possible. Really, the amount of food during lactation should be increased, but the question is what food it should be and what regimen lactating female should follow. It is not very easy to define what to consume and what not to consume. There are many restrictions for lactating mothers, but inspire of them it is possible to have an adequate diet and not to refuse to eat anything tasty. The ideal nutrition for lactating women is to eat often and little by little (Wosje & Kalkwarf, 2004). The diet can be as follows:

6. 00-7. 00 a glass of kefir or yogurt

9. 00 Breakfast: curd baked pudding / curd with sour cream/ porridge/ + sandwich and tea.

12. 00 Second breakfast: juice/ fruits.

14. 00 Dinner: Salad, soup, fish or meat, vegetables, compote.

17. 00 Launch: kefir + cookies.

19. 00 Supper: porridge or vegetables with fish/ meat + tea.

Night – Kefir or yogurt.

References

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