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The energy and macronutrient 7-day diary observations on Transylvania lactating women diet that impact early life nutrition and long term effects on metabolic pathways

Ramona Suharoschi¹, Simona Codruta Heghes², Ioana Ecaterina Pralea², Laura Ioana Gavrilas², Lorena Filip², Adela Viviana Sitar Taut², Angela Cozma², Adriana Fodor², Crina Muresan¹, Raluca Muresan¹, Oana Lelia Pop¹, Carmen Muresan¹ and Cristina Adela Iuga²

¹University of Agricultural Sciences and Veterinary Cluj-Napoca, Romania

²Iuliu Hatieganu University of Medicine and Pharmacy, Romania

Background: During the lactation the intake of dietary energy, protein and other macro and micro-nutrients should be substantially increased, though these special increments can be different. Moreover, the composition of food intake represents one of the most important factors for successful milk production and mother's health and well-being.

Objective: To comprehensively evaluate the energy diet and composition in nutrients (macronutrients as well micronutrients) that reflect the quality of breast milk and its potential effect on early childhood development and impact of early life nutrition and long term effects.

Design: A total of 33 lactating women living in Cluj County, on the middle of Transylvania, Romania were surveyed and average food intake was recorded by 7-day prospective food diary template and a general characteristic questionnaire, both designed by the research team. An experienced member of the research team met and trained every woman on measuring food portions.

Results: The results indicate that lactating mothers have an inadequate intake of energy (1879.00 kcal/day for mothers in G1 vs. 2744 kcal/day recommended and 1770.08 kcal/day for mothers in G2, G3, G4 vs. 2803 kcal/day recommended). Results from the current study and from similar studies in different countries which reflect that lactating mothers have a poor energy and nutrient balance can be attributed to low intakes of nutritious food categories such as fruits, vegetables, legumes, low-fat dairy and oily-fish and high intakes of saturated fat rich foods. With such inadequate food intake, mothers might be at risk of depleting their energy and nutrient reserves, therefore affecting breast milk composition and having a negative health impact on both their babies and themselves.

Conclusion: In the present study, lactating mothers did not meet dietary recommendations regarding energy intake and macronutrient distribution, except for proteins. These results highlight the importance that women, during breastfeeding, should receive proper dietetic information from healthcare professionals in order to improve their overall diet and health outcomes of the infant. Sustained nutrition education and counselling are a top priority to improve dietary practices and achieve a balanced, diverse and adequate diet in this sensitive population group.

Biography

Ramona Suharoschi has more than 19 years' experience in the field of applied nutrigenomics in food science, development and optimization of nutritional intervention of functional food products, food safety and food toxicology. She has completed PhD in the field of Veterinary Medicine at University of Reno, Nevada USA and University of Ulster, Coleraine, Northern Ireland, having as research topic "In silico Studies of Prostate Cancer". She has published more than 50 papers in national and international journals of scientific flow.

ramona.suharoschi@usamvcluj.ro

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