

601 Breastfeeding Mother of Infant at Nutritional Risk

Definition/Cut-off Value

A breastfeeding woman whose breastfed infant has been determined to be at nutritional risk.

Participant Category and Priority Level

Category	Priority
Pregnant Women	I, II, or IV*
Breastfeeding Women	I, II, or IV*
<i>*Must be the same priority as at-risk infant.</i>	

Justification

A breastfed infant is dependent on the mother's milk as the primary source of nutrition. Special attention should therefore be given to the health and nutritional status of the mother (5). Lactation requires approximately 500 additional Kcal per day as well as increased protein, calcium, and other vitamins and minerals (3, 1). Inadequate maternal nutrition may result in decreased nutrient content of the milk (1).

References

1. Institute of Medicine. Nutrition During Lactation. National Academy Press, Washington, D.C.; 1991.
2. Lawrence RA. Breastfeeding a guide for the medical profession. St. Louis: Mosby, 1994.
3. National Research Council (U.S.), Subcommittee on the Tenth Edition of the RDAs, National Institutes of Health, Committee on Dietary Allowances. Recommended dietary allowances. Washington, D.C.: National Academy Press, 1989.
4. WIC Program Regulations, Sect. 246.7(e)(1)(iii).
5. Worthington-Roberts BS, Williams SR. Nutrition in Pregnancy and Lactation. St. Louis: Mosby, 1993.