

KONSUMSI SARI KACANG HIJAU (*Vigna Radiate*) TERHADAP KELANCARAN PRODUKSI ASI IBU NIFAS DENGAN MEDIA POSTER

Desi Yunita Anggraini
yunitadesi064@gmail.com
Universitas 'Aisyiyah Surakarta

SUMMARY

Background : The problem that can affect exclusive breastfeeding is the production of breast milk that is not smooth. Efforts to facilitate breast milk production are by consuming green bean juice which can help accelerate milk production. **Purpose** : Providing education to increase milk production in nursing mothers by consuming green bean juice. **Method** : Provide education on consumption of juice mung beans help smooth the production of breast milk through a media poster later to be published. **Conclusion** : Educational media has been created in the form of posters with the title “ Consumption Of Green Bean Juice (*Vigna Radiate*) To Increase The Smoothness Of Mother’s Milk Production Using The Smoothness Of Mother’s Milk Production Using The Poster Method “.

Key words : *Green Bean Juice, Smoothness of Breast Milk Production.*