

## **BENEFITS OF GREEN BEAN JUICE, INCREASED BREAST MILK PRODUCTION**

Eti Mulyati<sup>1</sup>, Rina Sri Widayati<sup>2</sup>  
[202422055.students@aiska-university.ac.id](mailto:202422055.students@aiska-university.ac.id)  
Universitas 'Aisyiyah Surakarta

### **SUMMARY**

**Background:** Breast milk is a fluid produced by the mother's mammary glands, this high-energy breast milk is produced during pregnancy which is the first food or milk that has the best nutrition needed during the baby's growth and development, especially for babies aged 0-6 months. Breastfeeding has not been fully carried out because there are several obstacles, namely the production of breast milk that is not smooth in breastfeeding mothers, this happens because breast feeding mothers lack nutrition. One way that mothers can do to help increase breast milk production is by consuming green bean juice because it contains vitamin B (thiamine), protein, polyphenols and flavonoids which can help increase breast milk production. **Objective:** Using a pocket book entitled "Educational Media Pocket Book on the Benefits of Green Bean Juice for Increasing Breast Milk Production" **Methods :** Using a description of the output of a pocket book with a theme entitled " Benefits Of Green Juice For Increasing Breast Milk Production" made using a canva soft ware application with a size of 10,5 cm x 14,8 cm. **Results :** A pocket book entitled "Benefits Of Green Juice For Increasing Breast Milk Production"**Conclusion :**A pocket book has been compiled with the title "Educational Media Pocket Book on the Benefits of Green Bean Extract for Increasing Breast Milk Production".

**Keywords:** Benefits Of Green Bean Juice ,Increased Breast Milk Production