

SUMMARY

GREEN BEAN JUICE INCREASE BREAST MILK PRODUCTION IN POSTPARTUM MOTHERS

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Background : ASI is an emulsion of fat in a solution of protein, lactose and organic salts secreted by the two sides of the mother's breast glands, as the main food for the baby and important for the baby's growth and development. One of the problems that occurs is that many postpartum mothers tend to refuse to breastfeed their own babies because they only have little or no milk, this situation has a negative impact on the nutritional health status of the child. Efforts to accelerate milk production in postpartum mothers by consuming green bean juice which can help in the process of expressing breast milk in postpartum mothers. **Purpose:** Providing another alternative to increase breast milk production in postpartum mothers by consuming green bean extract. **Method:** Provide information to postpartum mothers to increase breast milk production by consuming green bean juice for 7 consecutive days with a dose of 320 ml taken twice a day every morning and evening. **Results:** The resulting poster media will be published and given directly to postpartum mothers so that postpartum mothers can increase their milk production by consuming green bean juice. **Conclusion:** The KIE (Educational Information Communication) media has been created in the form of a poster with the title "Green Bean Juice Increases Breast Milk Production".

Keywords: *postpartum mothers, breast milk production, green bean juice.*