

SUMMARY

CONSUMPTION FOR LONG BEAN LEAF IMPROVEMENT OF BREAST MILK PRODUCTION IN BREASTFEEDING MOTHER

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Background: Breast milk production is the process of milk formation by the breast glands. Babies who are not breastfed are prone to disease and even risk of death. However, there are still mothers who do not give breast milk to their babies due to the lack of milk production which has an impact on the coverage of breastfeeding. In Central Java, the coverage of exclusive breastfeeding in 2018 was 52.5%, a decrease compared to the previous year. This problem can be overcome by consuming foods that can stimulate breast milk production hormones, namely long bean leaves. **Previous research:** Djama's (2018) study showed that of 30 respondents who were given long bean leaves, all experienced an increase in breast milk production which was marked by an increase in baby weight. **Conclusion:** based on the known problems that long bean leaves can increase milk production in breastfeeding mothers, this is why a poster output media is made.

Key words: long bean leaves, breast milk production, nursing mothers