

POCKET BOOK MEDIA ABOUT GIVING MUNG BEAN JUICE TO INCREASE BREAST MILK PRODUCTION

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SUMMARY

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Background: Breastfeeding mothers are one of the groups that are vulnerable to nutrition. This is because breast milk, which is the baby's main food, is obtained from the mother. Therefore, mothers who are breastfeeding must pay attention to the intake of nutrients consumed. Data from the World Health Organization (WHO) shows that the average exclusive breastfeeding rate in the world is only 38%, including Indonesia. In Indonesia itself, the rate of breastfeeding is still relatively low. Breastfeeding mothers with low milk production are recommended to consume adequate nutrients ranging from carbohydrates, protein, fat, water, vitamins and minerals. One of the foods that can overcome this problem is by consuming green beans because the nutritional content is quite high and the consistency is perfect. Method: using a description of the output of a pocket book with a theme entitled "Pocket Book Media About Giving Mung Bean Juice to Launch Breast Milk Production" made using the canva software application. Results: A pocket book entitled "Media Pocket Book on Giving Mung Bean Juice to Boost Breast Milk Production". Conclusion: This pocket book can be used as information to increase public knowledge about efforts to overcome poor breast milk production in postpartum women by processing mung beans into mung bean juice.

Keywords: breastfeeding mother, mung bean, breast milk production

