

# **BENEFITS OF MORINGA LEAVES AS AN EFFORT TO INCREASE MILK PRODUCTION DURING THE LACTATION PERIOD**

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## **SUMMARY**

**Background:** Breast milk (ASI) is the ideal and most perfect food because it contains nutrients that are beneficial for the growth and development process, the immune system and contains antibodies that can provide long-term protection for the baby. The problem of breast milk is influenced by various factors, one of which is breast milk not coming out after giving birth. Moringa leaves are a local food ingredient that has the potential to be developed in the culinary arts of nursing mothers, because they contain phytosterol compounds which function to increase and facilitate breast milk production. **Method:** Used in the KIE media is a description of the output of a pocket book with a theme entitled "The Benefits of Moringa Leaves as an Effort to Increase Breast Milk Production During the Lactation Period" which was produced as a health promotion implementation which can be used as a reference for midwives or midwifery students. **Results:** The media produced from KIE is in the form of a pocket book that can be read directly by breastfeeding mothers and midwifery students. **Conclusion:** Can provide information and knowledge regarding the effect of consuming processed Moringa leaves on increasing the frequency of breastfeeding, so that the public, especially breastfeeding mothers, can use the Moringa leaf plant for consumption in order to increase the success of breastfeeding and other health benefits.

**Keywords:** Moringa leaves, mother's milk