

THE EFFECTIVENESS OF GOAT MILK TO INCREASE THE QUANTITY OF BREAST MILK AMONG LACTATION WOMEN: RANDOMIZED CONTROLLED TRIAL EVIDENCE

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ABSTRACT

Background: Goat milk has some potential nutrition than cow milk. Studies suggested that goat milk is better digested and absorbed than cow milk. It also has less allergen protein and lower lactose. Previous studies examined the benefit of goat milk as infant feeding to increase infant growth compared with cow milk-based formula. However, the studies that analyze the effect of goat milk in increasing breast milk production are scarce. This study aimed to examine the effectiveness of goat milk to increase breast milk volume in lactating mothers.

Subjects and Method: This was a randomized controlled trial (RCT). The study was conducted in Madiun, East Java, in October 2019. A sample of 100 lactating mothers with children aged 1 to 3 months was selected purposively. The dependent variable was volume of breast milk. The independent variable was the effectiveness of goat milk. The data were collected by food recall 24 hours and observational sheet. The data were analyzed by t test.

Results: Breast milk production after giving goat milk in the intervention group (Mean= 121.5; SD= 12.81) was higher than control group (Mean= 97.06; SD= 13.59), and it was statistically significant ($p < 0.001$).

Conclusion: Goat milk is effective to increase quantity of breast milk in lactating mothers.

Keywords: breast milk production, goat milk

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