



ABSTRACT

Analysis of food sources and nutrient intakes of Filipino breastfeeding mothers in 2018 and 2019 Expanded National Nutrition Survey

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Objectives: This study evaluated the food and nutrient intake of Filipino breastfeeding mothers and identified the top food sources of nutrients in their diet.

Methodology: This study utilized the pooled data of the Food and Nutrition Research Institute's 2018-2019 Expanded National Nutrition Survey (ENNS), covering a total of 8,491 breastfeeding mothers from the 79 provinces and highly urbanized cities (HUCs) in the Philippines. The ENNS employed a two-stage sampling design to cover the study participants. Data on dietary intake was collected through a two-day non-consecutive 24-hour food. Generated data were analyzed using STATA version 15.0. A PC-Software for Intake Distribution Estimation (PC-SIDE) was used in the estimation of inadequate intakes.

Results: Breastfeeding mothers recorded a mean energy intake of 1629 kilocalories. Only one (1) in 10 breastfeeding mothers met the Recommended Energy Intake (REI). Nutrient inadequacy was high for almost all nutrients since only a small proportion of the target population group met the recommended nutrient intake; protein (19.0%), calcium (9.2%), iron (0.7%), vitamin A (5.5%), and vitamin C (4.9%). Rice (94.9%), 3-in-1 coffee (33.2%), brown sugar (30.9%), eggs (28.6%), and pure instant coffee (18.9%) are the main foods consumed by breastfeeding mothers. Rice and products (59.5%) were the top food sources of energy, protein, calcium, and iron. Meat and products were the best sources of vitamin A, while dark green leafy vegetables were the top source of vitamin C.

Conclusion and Recommendation: High prevalence of energy and nutrient inadequacies in the diet of breastfeeding mothers was noted, which was reflected by poor variety and low-nutrient foods consumed by the breastfeeding mothers. New strategies for the promotion of healthy diets and lifestyle through different channels and platforms are recommended.

Keywords: nutrient intakes, breastfeeding mother, Filipino

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