



PREDIKTOR KADAR MAKRONUTRIEN AIR SUSU IBU MATUR

INTISARI

Latar Belakang: Air susu ibu (ASI) merupakan nutrisi terbaik bagi bayi. Mengetahui prediktor kadar makronutrien ASI dan memodulasinya penting untuk mencapai tumbuh kembang bayi yang optimal.

Tujuan: Mengetahui pengaruh status nutrisi ibu, usia ibu, usia kehamilan, jumlah paritas dan jumlah masukan diet ibu sehari-hari dengan kadar makronutrien ASI matur.

Metode: Penelitian kohort prospektif ini dilakukan pada ibu dengan anak yang berusia pada minggu ketiga yang dirawat di unit perinatal RSUP Dr. Sardjito. Pada hari pertama penelitian, seluruh data dikumpulkan dan ibu diberi formulir diet yang harus untuk diisi dengan seluruh makanan yang dikonsumsi ibu selama tiga hari. Sampel ASI pagi hari diambil pada hari kelima. Uji *Chi square* dan regresi digunakan untuk mengetahui hubungan antara variabel bebas dengan luaran kategorik.

Hasil: Rerata kandungan energi dan makronutrien berada dibawah nilai standar, kecuali untuk protein. Masukan kalori yang rendah memengaruhi rendahnya kandungan energi (RR=4,6; IK 95% 1,2-17,9), sedangkan masukan makronutrien lain tidak memengaruhi rendahnya kadar makronutrien ASI. Status nutrisi, usia ibu, usia kehamilan dan jumlah paritas tidak berhubungan dengan kadar makronutrien. Pada analisis regresi hanya masukan kalori yang dapat memprediksi kandungan energi ASI (OR=4,63; IK 95% 1,2-17,86).

Kesimpulan: Kandungan energi ASI matur dapat diprediksi dari jumlah masukan kalori harian.

Kata Kunci: laktasi, air susu ibu, energi, makronutrien, prediktor



PREDICTORS OF MATURE BREAST MILK MACRONUTRIENT COMPOSITION

ABSTRACT

Background: Breast milk is the best food for infancy. It is important to know predictors of macronutrient composition of breast milk and to modulate them for obtaining optimal growth and development of infants.

Objectives: To determine the association of nutritional state, maternal and gestational age, maternal parity and dietary intake with mature breast milk macronutrient composition.

Methods: This prospective cohort study was conducted on mothers whose babies at three weeks of age and were being hospitalized at perinatal unit of RSUP Dr. Sardjito. On the first day of study, mothers were given dietary forms to fill in, which recorded all the foods consumed for three days and the other data were collected. Morning milk samples were collected on the fifth day. Chi-square and regression models were used to test associations between independent variabel and categorical data of outcome.

Results: The mean energy content and macronutrient were below the standard level, except for protein. Lower calories intake influence lower energy content (RR=4,6; 95%CI 1,2-17,9), but not with other macronutrient intake. Nutritional state, maternal and gestational age and parity were not associated with macronutrient composition. Only calories intake could predict breast milk energy content in regression analyze (OR=4,63; 95% CI 1,2-17,86).

Conclusion: Mature breast milk energy content could be predicted by maternal calories intake.

Keywords: lactation, breast milk, energy, macronutrient, predictor