

ABSTRACT

Batchelor thesis titled Influence of nutrition at lactating women on the composition of breast milk, processed in the form of literature review. It deals with influence of mother's dietary habits on the composition of breastmilk and on the nutrition of the breast-fed child.

It focuses primarily on a group of nutrients, whose content in breast milk is dependent on the mother's intake. Macronutrients, micronutrients and potential allergens in milk, the effect of fluid intake on the content and amount of milk, and the effect of dietary supplements on milk production and quality are described.

Key words: lactation, nutrition, nutrients, composition of breast milk