

# Food safety and Hygiene

September 06-08, 2018 | Edinburgh, Scotland

## Lactating Women's Nutrition

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The composition of breastmilk is partially related to the mother's diet. If protein and carbohydrate composition of human milk, lipids minerals, vitamins and trace elements are highly depending of lactating mother's feeding of question of an ideal diet suitable for breast feeding women arises, and also the necessity or not of a supplementation. We know that the energy requirements are unique to each mother (with a lower limit not to cross) and the distribution of macronutrients (lipids, proteins and carbohydrates) is identical to what is recommended for the population of non-breastfeeding women, ensuring an adequate and balanced contribution in various essential fatty acids. By giving priority to foods, which is nutritionally interesting and adopting a balanced diet, breastfeeding women can cover their nutritional.

### Speaker Biography

Claude Billeaud received his MD degree from the Medical University of Bordeaux (France) in 1979 after a graduation in human cytogenetics (1976). He then studied pediatrics and has been the Clinical Assistant Director of Bordeaux University in the departments of Pediatrics, Neonatology and Intensive Care since 1983. He currently serves as a pediatrician in the neonatal unit at the Children's Hospital of Bordeaux, as a scientific manager of Bordeaux-Marmande human milk bank, as a lecturer and head of research in neonatal nutrition at the Medical University of Bordeaux.

His particular interest in research led him to graduate in Biology and Health (1988, Bordeaux), be awarded a master in statistics applied to clinical research (1991, Montreal) and complete a PhD in nutrition and food science (2000, Bordeaux). Along his career he has often been invited as a guest professor specialized in nutrition and neonatology in various universities abroad (Montreal, Corrientes in Argentina). Over the last 35 years, he has been an active member of different scientific organizations, either French, European or American, specialized in perinatal medicine (neonatology, pediatrics and nutrition). In this instance, he has served as the President of the Association for Pediatric Education in Europe (A.P.E.E) since 2008. He has also been very involved in the French human milk banking association (ADLF) for more than 10 years, sharing his academic knowledge focused in nutrition and his long clinical experience in neonatology. He is currently carrying out several researches on the composition of human milk. As an expert in nutrition and perinatal medicine, he is also the author and co-author of numerous scientific publications.

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### Speaker Biography

Virginie Rigourd is the managing director of the Human Milk Bank of Ile de France. She has graduated from the Medicine University in Paris, France in 1998 and finished post graduate training in 2003 from the same university on intra uterin growth retardation topics. She worked as paediatrician ahead of Ile de France Milk Bank, Paris, France and neonatologiste in NICU at Necker Hospital, Paris, France. Member of the French Milk Bank Association and European Milk Bank Association. Since 2002 she worked as an national consultant, providing assessments of human milk security and on projects on human milk quality. Dr. Rigourd has carried out few research on medication and breast feeding. During her work she has gained local and national recognition for her different advice on breast feeding and on practice around human milk in NICIU.

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