

## SUMMARY

**Aim:** The aim of this study was to summarize the current evidence on the outlined topic in the theoretical part and in the practical part explore the level of knowledge of breastfeeding women about nutrition during lactation and the effect of breastfeeding mother's nutrition on the quality of breast milk (BM).

**Methodology:** Data was collected in April–May 2024 using an anonymous online questionnaire designed by Google Forms and distributed through social networking sites and discussion forums. The questionnaire was designed exclusively for adult breastfeeding women. A total of 368 responses were obtained.

**Results:** The survey revealed that 55 % of women use the internet as their main source of information about the breastfeeding mother's nutrition. It was also found that 91 % of respondents know about the effect of nutrition of breastfeeding mother on the quality of BM. Less than 50 % of breastfeeding mothers correctly answered at least 80 % questions. It was also confirmed that mothers with higher education (higher professional and university) have better knowledge about nutrition and its effect on BM quality than mothers with lower education (primary and secondary) ( $p = 0.008$ ).

**Conclusion:** Due to the problematic reliability of information on the Internet, it is advisable to provide mothers with validated resources and encourage them to seek help from medical and non–medical professionals. Since most mothers know about the impact of nutrition on BM quality, but less than 50 % mothers correctly answered 80 % questions related to this issue, it is clear that there is significant space for improvement in breastfeeding education. It is important that education is easily accessible and understandable even for women with lower education to ensure equal access to quality information across all social groups.

**Keywords:** lactation, maternal nutrition, breast milk composition, breast milk quality