

**BUKTI KORESPONDENSI  
ARTIKEL JURNAL INTERNASIONAL BEREPUTASI**

Judul artikel : Correlation of maternal dietary intake with breast milk composition and infant growth..

Nama Jurnal : Nutrition and Health. First published online September 26, 2022


Penulis : **Mexitalia M**, Ardian RY, Pratiwi R, Panunggal P

Corresponding author: Maria Mexitalia




*Original Article*

**Correlation of maternal dietary intake with  
breast milk composition and infant growth**

**Maria Mexitalia<sup>1</sup> , Rendy Yoga Ardian<sup>1</sup>, Rina Pratiwi<sup>1</sup>  
and Binar Panunggal<sup>2</sup>**

nutrition  
and health

Nutrition and Health  
1-7  
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Bukti Konfirmasi Submit Artikel

No	Perihal	Tanggal
1.	Bukti account created	26-03-2022
2.	Bukti submit diterima	26-03-2022
3.	Bukti reviewer comments	18-07-2022
4.	Bukti pemberitahuan (reminder) dari jurnal untuk revisi	03-09-2022
5.	Bukti mengirim revisi artikel	09-09-2022
6.	Bukti penambahan contributor form	10-09-2022
7.	Bukti Decision accepted	10-09-2022
8.	Bukti Proof reading	10-09-2022

1. Tanggal 26 Maret 2022



Maria Mexitalia <dr.mexitalia@gmail.com>

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## Nutrition and Health - Account Created in ScholarOne Manuscripts

1 message

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**Nutrition and Health** <onbehalfof@manuscriptcentral.com>

Sat, Mar 26, 2022 at 2:55 PM

Reply-To: nah.pra@sagepub.com

To: dr.mexitalia@gmail.com

26-Mar-2022

Dear Dr. Mexitalia:

Welcome to Nutrition and Health - ScholarOne Manuscripts site for online submission and review.

Your USER ID for your account at <https://mc.manuscriptcentral.com/nah> is as follows:

USER ID: [dr.mexitalia@gmail.com](mailto:dr.mexitalia@gmail.com)

If you are unsure of the password that you set when you created your account you should click the link below which will take you directly to the option for setting a new password.

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Sincerely,

Nutrition and Health Editorial Office

Log in to Remove This Account - [https://mc.manuscriptcentral.com/nah?URL\\_MASK=d1522f7d8c28417caa88943db4048fd7](https://mc.manuscriptcentral.com/nah?URL_MASK=d1522f7d8c28417caa88943db4048fd7)

## 2. Tanggal 26 Maret 2022



Maria Mexitalia <dr.mexitalia@gmail.com>

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### Nutrition and Health NAH-22-0155

1 message

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**Nutrition and Health** <onbehalf@manuscriptcentral.com>

Sat, Mar 26, 2022 at 3:45 PM

Reply-To: nah.pra@sagepub.com

To: dr.mexitalia@gmail.com, dr.rendyiip@gmail.com, rinapratwi18@gmail.com, panunggalbinar@gmail.com

26-Mar-2022

Dear Dr. Mexitalia:

Your manuscript entitled "Correlation between Maternal Dietary Intake with Breast Milk Composition and Infant Growth" has been successfully submitted online and is presently being given full consideration for publication in Nutrition and Health.

Your manuscript ID is NAH-22-0155.

You have listed the following individuals as authors of this manuscript:

Mexitalia, Maria; Ardian, Rendy; Pratiwi, Rina; Panunggal, Binar

Please mention the above manuscript ID in all future correspondence or when calling the office for questions. If there are any changes in your street address or e-mail address, please log in to ScholarOne Manuscripts at <https://mc.manuscriptcentral.com/nah> and edit your user information as appropriate.

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Thank you for submitting your manuscript to Nutrition and Health.

Sincerely,  
Diksha Jaiswal  
Nutrition and Health  
[nah.pra@sagepub.com](mailto:nah.pra@sagepub.com)

# Nutrition and Health

## Correlation between Maternal Dietary Intake with Breast Milk Composition and Infant Growth

Journal:	<i>Nutrition and Health</i>
Manuscript ID	Draft
Manuscript Type:	Original Article
Date Submitted by the Author:	n/a
Complete List of Authors:	Mexitalia, Maria; Diponegoro University Faculty of Medicine, Pediatric, Nutrition and Metabolic Disease Division; Dr Kariadi General Hospital Medical Center, Pediatric Ardian, Rendy; Diponegoro University Faculty of Medicine, Pediatric; Dr Kariadi General Hospital Medical Center, Pediatric Pratiwi, Rina; Diponegoro University Faculty of Medicine, Pediatric, Nutrition and Metabolic Disease Division; Dr Kariadi General Hospital Medical Center, Pediatric Panunggal, Binar; Diponegoro University Faculty of Medicine, Nutrition
Keywords:	maternal, dietary, intake,, breast, milk, composition,, infant, growth

### 3. Tanggal 18 Juli 2022

The screenshot shows a Gmail interface with a search bar containing "nutrition and health". The left sidebar shows the "Inbox" with 2,900 emails and various labels like "Mandiri MTix" (176) and "Webinar" (8). The main content area displays an email from "Nutrition and Health" (mailto:onbehalfof@manuscriptcentral.com) dated "Mon, Jul 18, 2022, 3:45 PM". The email subject is "Nutrition and Health - Decision on Manuscript ID NAH-22-0155". The body of the email reads: "Dear Dr. Mexitalia: Manuscript ID NAH-22-0155 entitled 'Correlation between Maternal Dietary Intake with Breast Milk Composition and Infant Growth' which you submitted to Nutrition and Health, has been reviewed. The comments of the reviewer(s) are included at the bottom of this letter. The reviewer(s) have suggested major revisions to your manuscript, as detailed below. Please respond to the reviewer(s)' comments and revise your manuscript, providing a point by point list of corrections and/or rebuttal comments. Please note, that resubmission does not guarantee final acceptance in the journal. To revise your manuscript, log into <https://mc.manuscriptcentral.com/nah> and enter your Author Center, where you will find your manuscript title listed under 'Manuscripts with Decisions.' Under 'Actions,' click on 'Create a Revision.' Your manuscript number has been appended to denote a revision. You may also click the below link to start the revision process (or continue the process if you have already started your revision) for your manuscript. If you use the below link you will not be required to login to ScholarOne Manuscripts."

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- 1 Manuscripts with Decisions >
- 1 Manuscripts Awaiting Revision >
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## Manuscripts with Decisions

ACTION	STATUS	ID	TITLE	SUBMITTED	DECISIONED
<a href="#">create a revision</a>	PRA: Jaiswal, Diksha	NAH-22-0155	Correlation between Maternal Dietary Intake with Breast Milk Composition and Infant Growth <a href="#">View Submission</a>	26-Mar-2022	18-Jul-2022
	<ul style="list-style-type: none"> <li>Major Revision (18-Jul-2022)</li> <li>Due on: 16-Sep-2022</li> </ul>				
	<a href="#">view decision letter</a>				
	<a href="#">Contact Journal</a>				



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Because we are trying to facilitate timely publication of manuscripts submitted to Nutrition and Health, your revised manuscript should be uploaded as soon as possible. If it is not possible for you to submit your revision in a reasonable amount of time, we may have to consider your paper as a new submission.

Once again, thank you for submitting your manuscript to Nutrition and Health and I look forward to receiving your revision.

Sincerely,  
Dr. Nauman Khalid  
Editor-in-Chief, Nutrition and Health  
nauman.khalid@umt.edu.pk

Reviewer(s)' Comments to Author:

The topic is good, but the flow of language need improvement. I highly recommend to proof read the article from native speaker. The background where the study was conducted need to be highlighted.

The background information is very weak, why correlation between maternal dietary intake and milk composition be related to infant growth. All factors need to be highlighted.

I would like to see the questionnaires', please provide that in attachment. Moreover, statistical model seems concerning. I think it depends from country to country.

The discussion is also very weak.

**Date Sent:** 18-Jul-2022

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SUBMITTED	DECISIONED
26-Mar-2022	18-Jul-2022





Maria Mexitalia <dr.mexitalia@gmail.com>

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## Nutrition and Health - Decision on Manuscript ID NAH-22-0155

5 messages

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**Nutrition and Health** <onbehalf@manuscriptcentral.com>  
Reply-To: nauman.khalid@umt.edu.pk  
To: dr.mexitalia@gmail.com

Mon, Jul 18, 2022 at 3:45 PM

18-Jul-2022

Dear Dr. Mexitalia:

Manuscript ID NAH-22-0155 entitled "Correlation between Maternal Dietary Intake with Breast Milk Composition and Infant Growth" which you submitted to Nutrition and Health, has been reviewed. The comments of the reviewer(s) are included at the bottom of this letter.

The reviewer(s) have suggested major revisions to your manuscript, as detailed below. Please respond to the reviewer(s)' comments and revise your manuscript, providing a point by point list of corrections and/or rebuttal comments. Please note, that resubmission does not guarantee final acceptance in the journal.

To revise your manuscript, log into <https://mc.manuscriptcentral.com/nah> and enter your Author Center, where you will find your manuscript title listed under "Manuscripts with Decisions." Under "Actions," click on "Create a Revision." Your manuscript number has been appended to denote a revision.

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You will be unable to make your revisions on the originally submitted version of the manuscript. Instead, revise your manuscript using a word processing program and save it on your computer. Please also highlight the changes to your manuscript within the document by using bold or colored text.

Once the revised manuscript is prepared, you can upload it and submit it through your Author Center.

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**IMPORTANT:** Your original files are available to you when you upload your revised manuscript. Please delete any redundant files before completing the submission.

Because we are trying to facilitate timely publication of manuscripts submitted to Nutrition and Health, your revised manuscript should be uploaded as soon as possible. If it is not possible for you to submit your revision in a reasonable amount of time, we may have to consider your paper as a new submission.

Once again, thank you for submitting your manuscript to Nutrition and Health and I look forward to receiving your revision.

Sincerely,  
Dr. Nauman Khalid  
Editor-in-Chief, Nutrition and Health  
[nauman.khalid@umt.edu.pk](mailto:nauman.khalid@umt.edu.pk)

Reviewer(s)' Comments to Author:

<https://mail.google.com/mail/u/0/?ik=03be71da20&view=pt&search=all&permthid=thread-f:1738679442751697611&simpl=msg-f:1738679442751...> 1/2

12/06/24, 19.53

Gmail - Nutrition and Health - Decision on Manuscript ID NAH-22-0155

The topic is good, but the flow of language need improvement. I highly recommend to proof read the article from native speaker. The background where the study was conducted need to be highlighted.

The background information is very weak, why correlation between maternal dietary intake and milk composition be related to infant growth. All factors need to be highlighted.

I would like to see the questionnaires', please provide that in attachment. Moreover, statistical model seems concerning. I think it depends from country to country.

The discussion is also very weak.

#### 4. Tanggal 3 September 2022



Maria Mexitalia <dr.mexitalia@gmail.com>

### Reminder: Nutrition and Health

2 messages

**Nutrition and Health** <onbehalf@manuscriptcentral.com>  
Reply-To: nah.pra@sagepub.com  
To: dr.mexitalia@gmail.com

Sat, Sep 3, 2022 at 1:12 PM

03-Sep-2022

Dear Dr. Mexitalia:

Recently, you received a decision on Manuscript ID NAH-22-0155, entitled "Correlation between Maternal Dietary Intake with Breast Milk Composition and Infant Growth." The manuscript and decision letter are located in your Author Center at <https://mc.manuscriptcentral.com/nah>.

You may click on the below link to start the revision process (or continue the process if you have already started your revision) for your manuscript. If you use the below link you will not be required to login to ScholarOne Manuscripts.

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This e-mail is simply a reminder that your revision is due in two weeks. If it is not possible for you to submit your revision within two weeks, we will consider your paper as a new submission.

Sincerely,  
Diksha Jaiswal  
Nutrition and Health Editorial Office  
[nah.pra@sagepub.com](mailto:nah.pra@sagepub.com)

## 5. Tanggal 9 September 2022

Semarang, September 9<sup>th</sup>, 2022

Dear Editor and Reviewers  
Nutrition and Health

Thank you for your input to our paper entitled "Correlation between Maternal Dietary Intake with Breast Milk Composition and Infant Growth" (Manuscript ID NAH-22-0155). We believe that all the input and suggestions are necessary to present our results better. Herewith we submit our reply to the editor and reviewers as blue text.

[Reviewer(s)' Comments]

The topic is good, but the flow of language need improvement. I highly recommend to proof read the article from native speaker.

Thank you for your suggestion. We use Editage company for professionally proof reading and we attached the certificate from Editage.

Due to Editage's suggestion, we delete "between" on the title, thus our manuscript title is "Correlation of maternal dietary intake with Breast Milk Composition and Infant Growth"



[Reviewer(s)' Comments]

The background where the study was conducted need to be highlighted.

The background information is very weak, why correlation between maternal dietary intake and milk composition be related to infant growth. All factors need to be highlighted.

The discussion is also very weak.

Thank you for your comments.

We have already changed some citations which support our background, and made the highlight of sentences (L34-39 ; L48-50 ; L55 ; L60-62 ; L76-79).

We try to make some explanation.



The composition of macronutrients, micronutrients, and other bioactive substances in breast milk is affected by the infant's age, mother's age, mother's physiology, anthropometric characteristics, health status, and maternal food intake.

A mother's food intake can influence her breast milk composition via several metabolic pathways that produce indirect effects. Mothers with high protein intake has higher protein and bioactive component in breast milk.

Compared to formula-fed infants, breastfed infants have a lower IGF-1 level, which is associated with lower protein content of breast milk than that of formula milk.

Therefore this study aims to analyze the relationship between maternal dietary intake, especially protein with the composition of macronutrient in breast milk, total dry matter and energy, and growth of infants (age 0-6 months), to provide a basis for further improvement of maternal and child health.

[Reviewer(s)' Comments]

I would like to see the questionnaires', please provide that in attachment. Moreover, statistical model seems concerning. I think it depends from country to country.

Thank you for your suggestion.

We attach herewith the questionnaire.

We added some explanation of the statistic (L100-103 and L132-133).

Repeated ANOVA test was used to analyze the difference in maternal food intake, breast milk composition, and infant growth measured at 2 weeks, 3 months, and 6 months of age. The correlation between the maternal dietary intake and the composition of breast milk at 2 weeks, 3 months and 6 months of age was analyzed with Spearman's test.

Thank you very much for your attention and help

Maria Mexitalia, MD, PhD  
Indonesia

## 6. Tanggal 10 September 2022



Maria Mexitalia <dr.mexitalia@gmail.com>

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### ACTION REQUIRED: Nutrition and Health Contributor Form

1 message

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**Nutrition and Health** <onbehalf@manuscriptcentral.com>  
Reply-To: nah.pra@sagepub.com  
To: dr.mexitalia@gmail.com

Sat, Sep 10, 2022 at 7:32 PM

10-Sep-2022

Dear Dr. Maria Mexitalia,

Your manuscript "Correlation of Maternal Dietary Intake with Breast Milk Composition and Infant Growth" has been accepted for publication in Nutrition and Health.

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Please note that without a completed agreement, we are unable to proceed with publication of your article.

If you have any questions please contact the Editorial Office.

With best wishes,  
Diksha Jaiswal  
[nah.pra@sagepub.com](mailto:nah.pra@sagepub.com)  
Nutrition and Health Editorial Office

## 7. Tanggal 10 September 2022



Maria Mexitalia <dr.mexitalia@gmail.com>

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### Nutrition and Health - Decision on Manuscript ID NAH-22-0155.R1

1 message

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**Nutrition and Health** <onbehalf@manuscriptcentral.com>  
Reply-To: nauman.khalid@umt.edu.pk  
To: dr.mexitalia@gmail.com

Sat, Sep 10, 2022 at 7:32 PM

10-Sep-2022

Dear Dr. Mexitalia:

It is a pleasure to accept your manuscript entitled "Correlation of Maternal Dietary Intake with Breast Milk Composition and Infant Growth" in its current form for publication in Nutrition and Health. The comments of the reviewer(s) who reviewed your manuscript are included at the foot of this letter.

Thank you for your fine contribution. On behalf of the Editors of Nutrition and Health, we look forward to your continued contributions to the Journal.

Sincerely,  
Dr. Nauman Khalid  
Editor-in-Chief, Nutrition and Health  
[nauman.khalid@umt.edu.pk](mailto:nauman.khalid@umt.edu.pk)

Reviewer(s)' Comments to Author:

Original Article

Article title has been agreed in the peer review process. Right click to add comment.

# Correlation of maternal dietary intake with breast milk composition and infant growth

**Recto running head** : Mexitalia *et al.*

**Verso running head** : Nutrition and Health XXX (XX)

Maria Mexitalia<sup>1</sup>, Rendy Yoga Ardian<sup>1</sup>, Rina Pratiwi<sup>1</sup>, Binar Panunggal<sup>2</sup>[GQ1]

<sup>1</sup>Department of Pediatrics, Faculty of Medicine, Diponegoro University / Dr Kariadi Hospital, Semarang, Indonesia

<sup>2</sup>Department of Nutrition, Faculty of Medicine, Diponegoro University, Semarang, Indonesia

Maria Mexitalia, Division of Nutrition and Metabolic Disease, Department of Pediatrics, Faculty of Medicine Diponegoro University/ Dr Kariadi Hospital Semarang, Jl. Dr Soetomo 16–18, Semarang, 50244, Indonesia. Email: drmexitalia@gmail.com

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## ABSTRACT

**Background:** [GQ2][GQ4][GQ5]Maternal dietary intake during the period of lactation has an impact on infants growth. Macronutrients in breast milk are affected by several factors such as maternal dietary intake and maternal nutritional status. This study aims to prove the association between maternal protein and fat intake with the composition of breast milk and growth of infants (age 0–6 months). **Methods:** Prospective study was conducted for 6 months in 41 mother-infant pairs who were exclusively breastfed, and visited to hospitals or health centres. The mothers age is <40 years old with normal and single pregnancy. The breast milk was collected and analyzed using Human Milk Analyzer. **Results:** There was a negative correlation between maternal protein intake and breast milk composition at 3 months old infants ( $p = 0.042$ ), between fat intake with HAZ score at 2 weeks ( $p = 0.048$ ), and between protein intake with HAZ score at 3 months ( $p = 0.049$ ). Finally, there was a significant increase in WAZ and HAZ score in all sample groups. Although the maternal protein intake of our subjects were only at 83% of Indonesian's RDA average, the protein composition of breast milk and the growth of the infants was sufficient. **Conclusion:** There is correlation between maternal dietary intake with the composition of breastmilk and infant growth. Even though the calories and protein intake of the mother is lower than the RDA, the breast milk is still sufficient for the growth of infants aged 0–6 months who are exclusively breastfed.

## KEYWORDS

- Maternal dietary intake
- breast milk composition
- infant growth