

INTRODUCTION

Some lactating women report difficulty nursing their infants following exercise. These mothers note that their infants refuse to nurse or fuss during the post exercise feeding. In a survey of lactating women who exercise at a moderate intensity 7% reported that their infants "often" had difficulty nursing following maternal exercise (*Brown and Wallace, 1990*).

It was postulated that there may be some byproduct of exercise that may affect the milk. In previous studies it was found a significant increase in lactic acid concentration in breast milk following maximal exercise (*Wallace and Rabin, 1991*).

Lactic acid produces a sour taste that may be detected by the infant *Guyton (1981)*. *Steiner (1977)* documented a gustofacial response (puckering facial expression) to sour taste in infants as early as a few hours after birth it is described as a low level reflex not involving cortical structures.

Engen (1977) demonstrated a more rapid rate of suckling to a sweet taste than to a bitter taste.

Jonson and Salisbury (1977) observed changes in heart rate, respiratory rate and suckling pattern when infants were presented with unfamiliar milk.