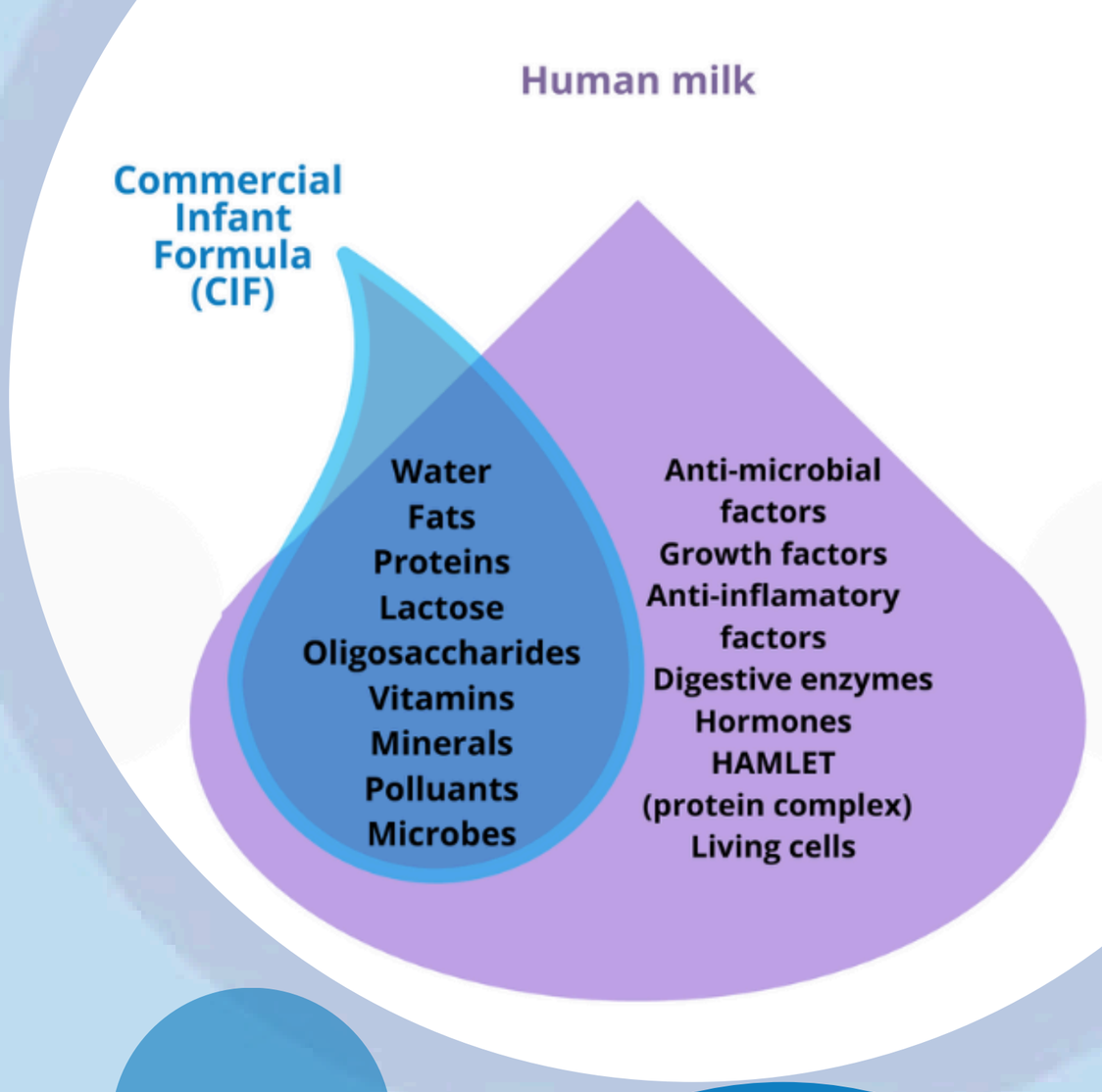
FÉDÉRATION Nourri-Source

COMPOSITION OF BREAST MILK



- **Breast milk is specifically designed to meet the needs of human babies, since the nutrients are of the right quantity and quality**
- **Cow's milk is unsuitable for feeding a baby and must undergo transformations, including several additions (oils, minerals and vitamins) to try to imitate breast milk**
- **The longer and more exclusive the breastfeeding, the greater the benefits, even after 2 years**

In heat wave, exclusive, on-demand breastfeeding is enough to keep babies under 6 months hydrated

Breast milk

- **Water (87%) : hydratation**
- **Carbohydrates (3.5%): lots of lactose, which helps develop the nervous system and the brain**
- **Lipids (3-5%): provide energy**
- **Proteins (0.9%): help develop the immune and digestive systems**
- **Vitamins and minerals: small quantities but well absorbed**
- **Living cells: white blood cells and stem cells**

2024

www.nourri-source.org

REFERENCE : LE PETIT NOURRI-SOURCE 7e édition