Module WB1544

Objectives

- Discuss the composition of human breast milk
- Review the factors that affect human milk composition
- Compare and contrast differences between term and premature breast milk
- Identify the benefits of breast milk for premature infants
- Summarize factors when breast milk is optimal or should be withheld

Human Breast Milk: Composition and Benefits

Content Outline

1. Human Milk Consumption
   1.1 Colostrum
   1.2 Transitional Milk
   1.3 Nutritional components
      1.3.1 Macronutrients
      1.3.2 Micronutrients
   1.4 Bioactive components
   1.5 Growth factors
   1.6 Immunologic factors

2. Breast Milk Pasteurization and Storage

3. Human Milk for Premature Infants
   3.1 Comparison to amniotic fluid
   3.2 Differences from term milk
   3.3 Benefits to premature infants
   3.4 Fortification of breast milk
   3.5 Improving breastfeeding rates

Reading Material Resources

Module WB1544: Human Breast Milk: Composition and Benefits is based on the resources listed below. A copy of each article is included with the module.
