

HUMAN MILK ANALYSIS RESULTS

Milk ID: 00077

Report Date: March 9th 2022

Prepared for Dr. M Goodman

ENERGY

Your Test Results

76
kcal/dl



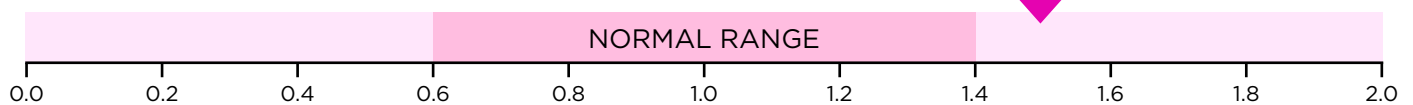
Your Result: 76 kcal/dl

This is a measure of the energy content of the milk. The major contributors are fats, carbohydrates and proteins. It is estimated that a breastfeeding woman should be consuming a minimum of an extra 500 calories per day above her normal baseline.

PROTEIN

Your Test Results

1.5
g/dl

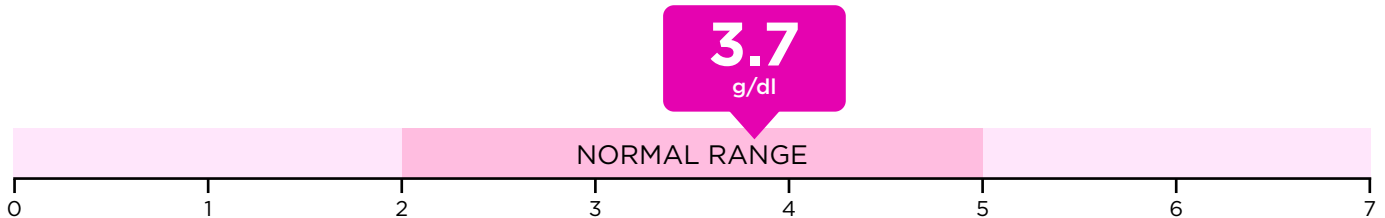


Your Result: 1.5 g/dl

It is estimated that protein is responsible for 8-10% of a baby's energy requirements. Proteins are important for immune and neurological function and the building blocks for tissues, muscles and bones.

FAT

Your Test Results

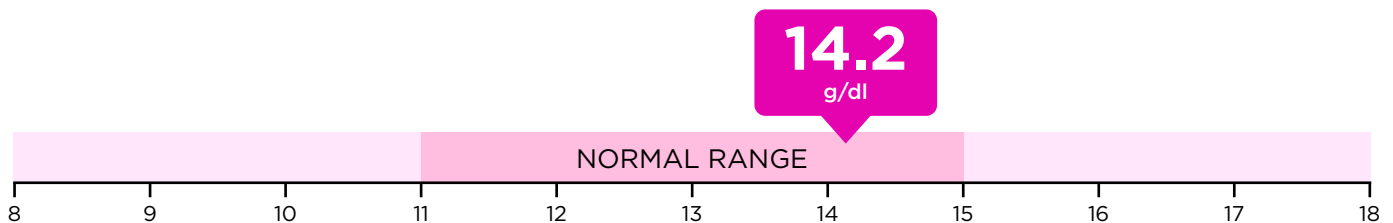


Your Result: 3.7 g/dl

The amount of fat in milk contributes to your baby's growth. It is essential for the metabolism of vitamins important for neurodevelopment and is the main source of calories.

CARBOHYDRATES

Your Test Results



Your Result: 14.2 g/dl

Lactose is the main sugar in breast milk. It helps decrease the amount of unhealthy bacteria in the stomach. It also helps with the absorption of key nutrients and minerals.