Your Test Results

Protein: 0.9 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. Proteins are the building blocks for tissues, muscle and bones. Low levels should prompt you to discuss your dietary intake with your healthcare provider.

Recommendation:
While breast-feeding you should eat two to three servings of protein each day. A serving is equal to 3 to 4 ounces of meat, fish or poultry. Good sources of protein include:

- Meat
- Poultry
- Seafood
- Eggs
- Cheese
- Milk and yogurt
- Cottage cheese
- Tofu
- Dried beans

A note about seafood: The Food and Drug Administration (FDA) recommends that nursing mothers not eat shark, swordfish, king mackerel or tilefish because of their high mercury content.

Fat: 2.3 g/dl
The amount of fat in milk is contributes to your baby's growth. It is essential for the metabolism of vitamins important for neurodevelopment and is the main source of calories.

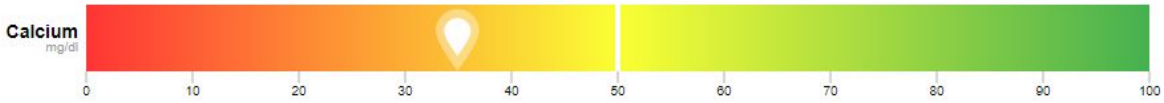
Recommendation:
Increasing dietary fat consumption, especially omega fatty acids, can increase the fat content in your milk.

Your Test Results

Carbohydrates: 7.4 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.

Recommendation:
Good sources of carbohydrates for breastfeeding moms include:

- Dairy. Milk, yogurt, and ice cream.
- Fruit. Whole fruit and fruit juice.
- Grains. Bread, rice, crackers, and cereal.
- Legumes. Beans and lentils.
- Starchy vegetables like sweet potatoes and yams.
- Potatoes and corn.
- Sugary Sweets. Limit these!



Calcium: 35 mg/dl
Important for skeletal structure. Essential for muscle and nerve function and for blood clotting. Supplementation can increase calcium levels in milk. Low levels should prompt a discussion with your healthcare provider.

Recommendation:
The suggested daily intake of calcium for breastfeeding mothers is 1,300 milligrams per day. Reading nutrition labels can help ensure that you are getting enough calcium. For example, one cup of milk or yogurt contains 300 milligrams of calcium. The best sources of calcium are:

- Milk
- Yorgurt
- Hard cheeses
- Calcium-fortified orange juice
- Calcium-fortified tofu

Your Test Results

Calories: 58 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.

Recommendation:
While breastfeeding it is recommended that you increase your daily intake by an additional 500 calories per day. See the Carbohydrates section for good sources of these calories.

Iron: 3 mg
Iron is naturally found in many foods and is essential for the production of hemoglobin, the molecule that transports oxygen from lungs to tissues. Iron is also necessary for growth, metabolism and development. Low levels have been associated with anemia.

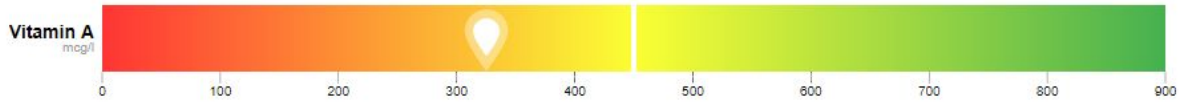
Recommendation:

Iron is also important for breastfeeding mothers. If you are 18 years of age or younger, you should get 10 milligrams of iron per day. For those over 19, the suggested daily intake is 9 milligrams. Good sources of iron include:

- Meat
- Poultry
- Seafood
- Egg yolks
- Nuts
- Dried fruit
- Dried beans
- Spinach and Kale

When breastfeeding, avoid eating shark, swordfish, king mackerel or tilefish because of their high mercury content.

Your Test Results



Vitamin A: 326 mcg/l
A family of compounds called retinoids which are important for vision, bone growth and supporting a healthy immune system.

Recommendation:
If your levels are low, you should discuss your results with your healthcare provider and assess your intake (diet and supplements). Foods that are rich in Vitamin A include:

- Liver
- Fish Oils
- Milk
- Eggs
- Leafy green vegetables
- Orange and yellow vegetables
- Carrots
- Broccoli
- Squash
- Cantaloupe

Vitamin C: 84 mg/l
An important building block for collagen and connective tissue. It is also an antioxidant and is also important for iron absorption.

Recommendation:
Low levels should prompt you to discuss your results with your healthcare provider. Foods where Vitamin C is naturally present include:

- Citrus fruits
- Tomatoes
- Potatoes
- Red and green peppers
- Kiwi
- Broccoli
- Srawberries
- Brussel Sprouts
- Cantaloupe
- Cauliflower

Your Test Results

Vitamin B12: 1.2 ug/l
Vitamin B12 is an especially important vitamin for maintaining healthy nerve cells. It also helps in the production of DNA and RNA, the body's genetic material. It is important for overall metabolism, formation of red blood cells and for maintenance of the central nervous system.

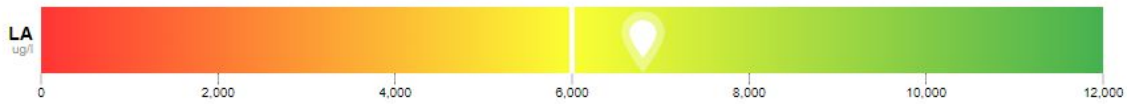
Recommendation:
Vitamin B12 is generally not present in plant based foods, but is fortified in most breakfast cereals. Fortified foods vary in formulation, so it is important to read product labels to determine which added nutrients they contain. It can be found naturally in many animal based foods, including:

- Fish
- Meat
- Poultry
- Eggs
- Dairy Products

Strict vegetarians and vegans are at greater risk of developing Vitamin B12 deficiency and should consult with a pediatrician regarding vitamin B12 supplements. Exclusively breastfed infants of women who consume no animal products may have very limited reserves and can develop Vitamin B12 deficiency. The American Dietetic Association recommends supplemental Vitamin B12 for vegans and ovo-lacto vegetarians during both pregnancy and lactation to ensure that enough Vitamin B12 is transferred to the fetus and infant.

Your Test Results

Fatty Acids:



LA: 6811 ug/l
Linoleic Acid (LA) is an omega-6 fatty acid. It is an essential fatty acid, which means our bodies do not produce and it must therefore be acquired through diet. Omega-6 fatty acids are important for brain and nervous system development.

Recommendation:
It can be found naturally in plant based oils including:

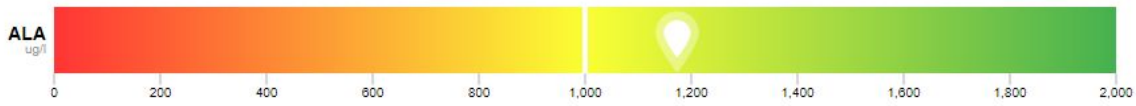
- Salicornia oil
- Safflower oil
- Evening Primrose oil
- Poppyseed oil
- Grape seed oil
- Sunflower oil

ARA: 196 ug/l
Arachidonic acid (ARA) is an omega-6 fatty acid. It too is an essential fatty acid which must be ingested because our bodies cannot synthesize it. It promotes brain, muscle and nervous system development.

Recommendation:
It can be found in meats and animal products including:

- Poultry
- Fish
- Eggs

Your Test Results



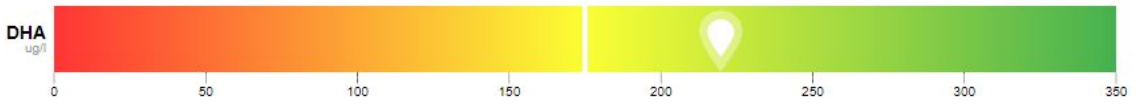
ALA: 1175 ug/l

Alpha-Linolenic Acid (ALA) is an omega-3 fatty acid found in seeds. It is an essential fatty acid which our bodies do not synthesize and must be consumed. ALA promotes infant growth and retinal function. It plays an important role in supporting healthy immune and cardiovascular systems.

Recommendation:

It can be found naturally in many oils derived from plants seeds including:

- Chia
- Kiwifruit seeds
- Perilla
- Walnut
- Flax
- Lingonberry
- Camelina
- Soybean



DHA: 220 ug/l

Docosahexaenoic acid (DHA) is an omega-3 fatty acid. There is strong evidence based on animal and human studies that DHA is critical for infant growth, especially brain, skin and retinal development. It also plays an important role in supporting a healthy immune system.

Recommendation:

It is recommended that women take 400mg of DHA daily while breastfeeding. DHA is primarily found in fish oils. Vegetarian and vegan diets are typically DHA deficient, but DHA supplements manufactured from algae are commercially available.

Your Test Results

Toxin Screening

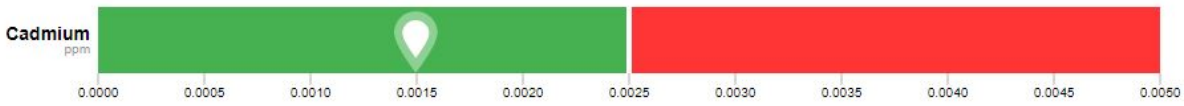
There are no published standards for Arsenic, Cadmium, Lead or Mercury in breast milk. However, the EPA does publish standards for the maximum safe contaminant levels in water. We have based our recommendations upon these EPA levels. Further information is available directly from the EPA here.

Arsenic: 0.0007 ppm
Long-term exposure to arsenic has been associated with cardiovascular disease, diabetes and can cause neurotoxicity.

Recommendation:
If your milk is high in arsenic consider the following as likely sources:

- Food prepared with contaminated water
- Crops irrigated with contaminated water
- Fish, especially shellfish
- Rice, grains and cereals

Eliminating or significantly reducing these foods can decrease the levels in your milk in as early as a few days.



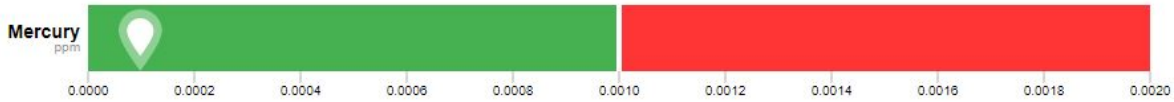
Cadmium: 0.0015 ppm
Cadmium exposure has been linked to kidney, lung and bone diseases.

Recommendation:
Fertilizers and exposure to cigarette smoke are the major potential sources of cadmium exposure in our environment. The largest dietary intake is associated with larger amounts have been found in mollusks, crustaceans and shellfish. Eliminating or significantly reducing these foods can decrease the levels in your milk in as early as a few days.

Your Test Results

Lead: 0.0003 ppm
High levels of lead exposure are associated with central nervous system disorders, coma, convulsions and death. The neurological and behavioral effects of lead are believed to be irreversible.

Recommendation:
The most common source is contaminated drinking water. If your levels are high in your breast milk and you drink tap water, we recommend calling your local municipality and asking for an update on the local lead concentration in your water source. In the interim, changing to bottled water can help.



Mercury: 0.0001 ppm
Mercury may have toxic effects on the nervous, digestive and immune systems, and on lungs, kidneys, skin and eyes. It can adversely affect a baby's growing brain and nervous system. It can cause kidney problems and neurological and behavioral disorders including tremors, cognitive impairment and central nervous system damage).

Recommendation:
The most common dietary source of mercury is fish. Breastfeeding women should especially avoid tuna and swordfish. You can safely eat 2-3 servings a week of sea bass, flounder, pollock, salmon and sardines. For a complete list, please see the FDA's guidelines at www.fda.com/fishadvice