



HOW DIFFERENT ARE **TRANSITIONAL** AND MATURE BREAST MILK?

Transitional breast milk

- Comes after colostrum
- Higher fat content
- Contains more IgA and IgM antibodies
- Slightly higher protein content
- Lactose (sugar) is lower



Mature breast milk

- Comes after transitional breast milk
- Lower fat content
- Further classified into fore and hind milk
- Predominantly contains IgG antibody
- Slightly low in protein content
- Lactose is higher



References:

- 1 Breastfeeding Overview; American Pregnancy Association
- 2 Century Wide Changes in Macronutrient Levels in Indian Mothers' Milk: A Systematic Review; National Institutes of Health
- 3 Innate Immunity and Breast Milk; Frontiers
- 4 Immunoglobulins Content in Colostrum, Transitional and Mature Milk of Bangladeshi Mothers: Influence of Parity and Sociodemographic Characteristics; National Institutes of Health