



LACTATION LAB TEST RESULTS

Prepared for: Annie Murlowski

Thank you for testing your milk. We have outlined the results below and have made the following recommendations based on your results.

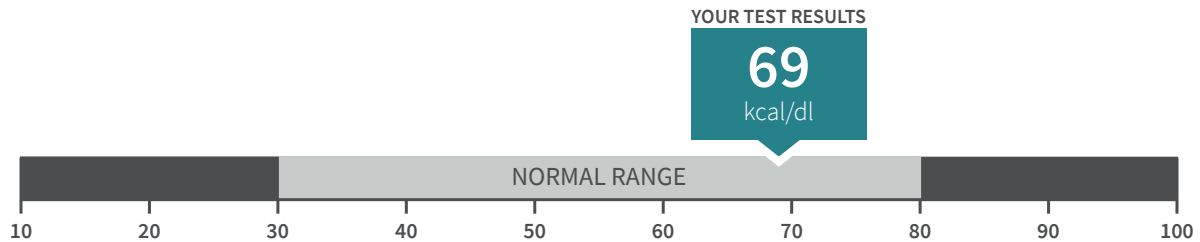
www.lactationlab.com



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February 24th, 2022

Calories



Your Result: 69 kcal/dl

Calories are 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.

Recommendations:

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

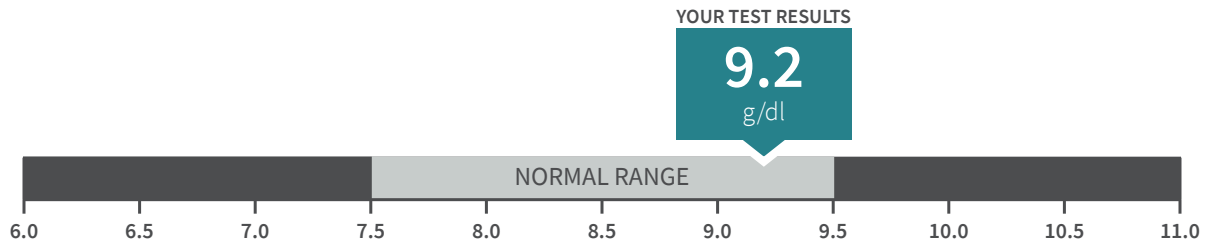
Your milk had 69 kcal/dl (20.4 kcal/oz). For reference, the average infant formula has 68 kcal/dl (equivalent to 20 kcal/oz)



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Carbohydrates



Your Result: 9.2 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.

Recommendations:

Good sources of carbohydrates for breastfeeding moms include:

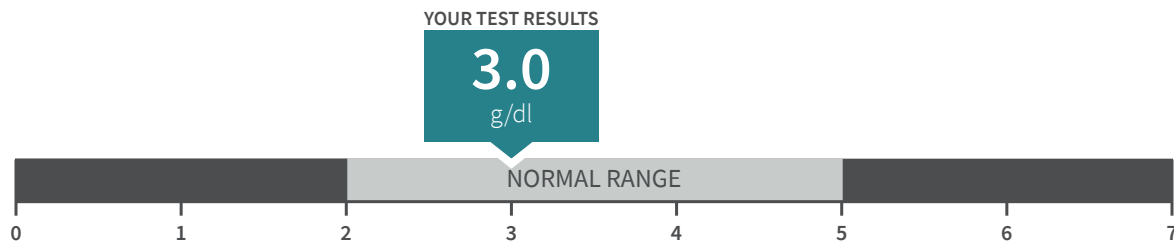
- Dairy. Milk, yogurt, and ice cream.
- Fruit. Whole fruit and fruit juice.
- Grains. Bread, rice, crackers, and cereal.
- Legumes. Beans and lentils.
- Starchy vegetables like sweet potatoes and yams.
- Potatoes and corn.
- Sugary sweets. Limit these!



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Fat



Your Result: 3.0 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.

Recommendations:

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

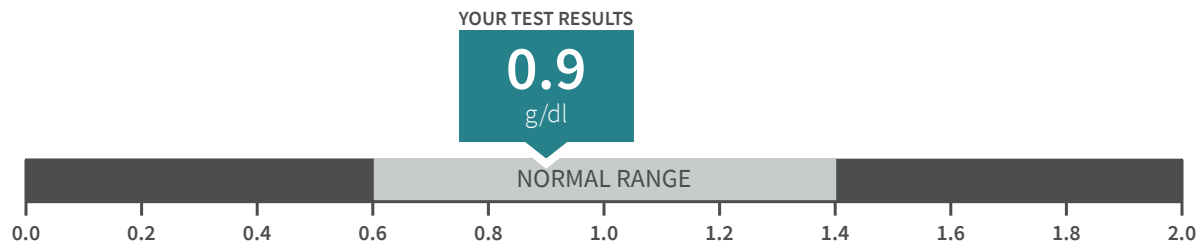
- Oils, especially salicornia, safflower, primrose, poppyseed, grape seed, sunflower
- Avacados, corn, acai
- High fat fish, especially tuna, alaskan salmon, sardines, anchovies, mackerel, herring and trout
- Poultry, eggs
- Seeds including quinoa, flax, chia, hemp, pumpkin, sunflower and sesame
- Walnuts, brazil nuts, pistachios
- Soybeans or tofu
- Perilla
- Camelina
- Kiwi, lingonberry



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Protein



Your Result: 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 and the building blocks for tissues, muscles and bones.

Recommendations:

While breastfeeding, 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. Although the most common forms of protein are derived from animals, there are many wonderful plant-based sources of protein as well. Good sources include:

- Meat: Beef, pork, poultry, lamb, bone broth
- Fish and shellfish
- Dairy: Milk, cheese, cottage cheese, greek yogurt
- Eggs
- Soy: Tempeh, tofu, seitan, edamame
- Ancient grains: Quinoa, spelt, teff, amaranth
- Legumes: Chickpeas, hummus, lentils, split peas, white beans, black beans
- Nuts + nut butters: Almonds, cashews, peanuts, walnuts

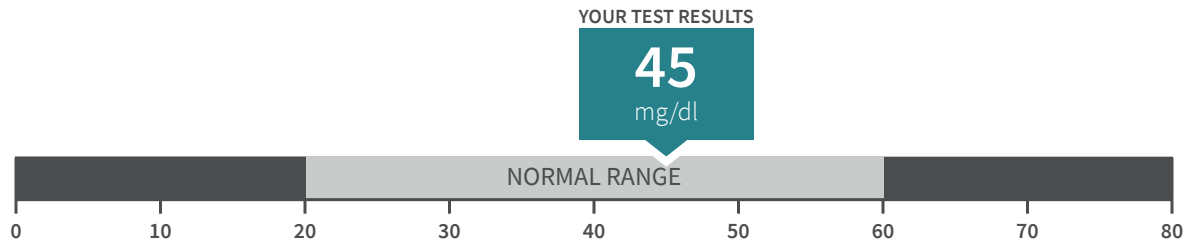
The suggested average healthy range in the above graph is calculated for a term infant between 0-6 months of age. Premature infants will have higher protein requirements and children older than 6 months will have lower protein requirements. Please see the USDA protein calculator at <https://fnic.nal.usda.gov/fnic/dri-calculator/>. A note about seafood: The FDA recommends that nursing mothers not eat shark, swordfish, king mackerel or tilefish because of their high mercury content.



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Calcium



Your Result: 45 mg/dl

Calcium is important for skeletal structure and 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.

Recommendations:

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:

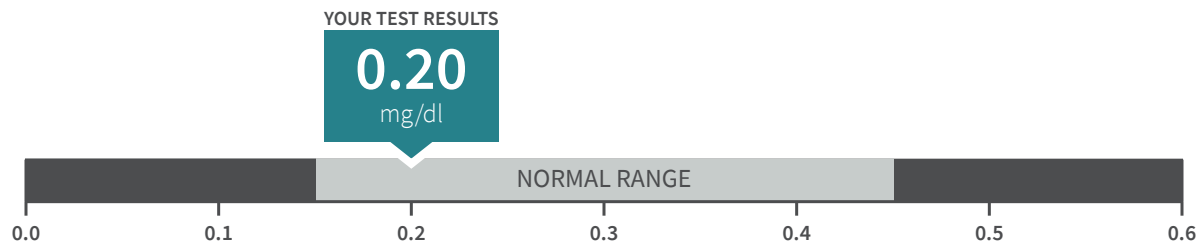
- Milk
- Yogurt
- Hard cheeses
- Calcium fortified orange juice
- Calcium fortified tofu
- Dark greens
- Broccoli



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Iron



Your Result: 0.20 mg/dl

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.

Recommendations:

Iron is also important for breastfeeding mothers. The suggested recommended daily intake is 9 milligrams. Good sources of iron include:

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

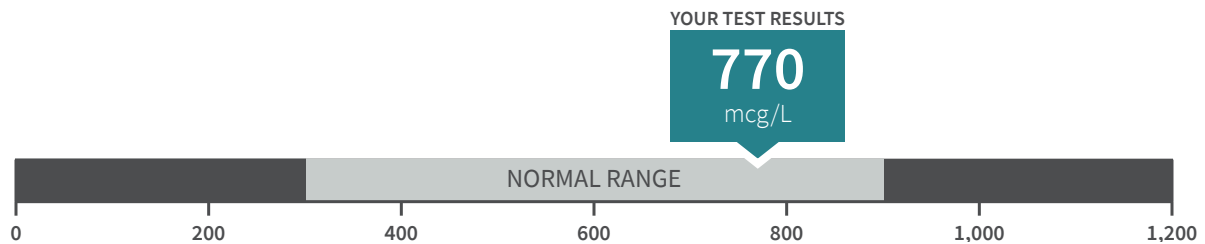
When breastfeeding, avoid eating shark, swordfish, king mackerel or tilefish because of their high mercury content.



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Vitamin A



Your Result: 770 mcg/L

Vitamin A is a comprised of group of compounds called retinoids which are important for vision, bone growth and supporting a healthy immune system.

Recommendations:

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:

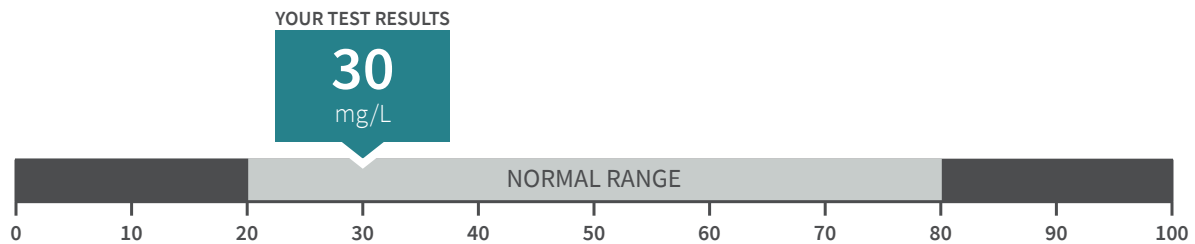
- Liver
- Fish oils
- Milk
- Eggs
- Leafy green vegetables
- Orange and yellow vegetables
- Carrots
- Broccoli
- Squash
- Cantaloupe



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Vitamin C



Your Result: 30 mg/L

Vitamin C is important building block for collagen and connective tissue. It is an antioxidant and is also important for iron absorption.

Recommendations:

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

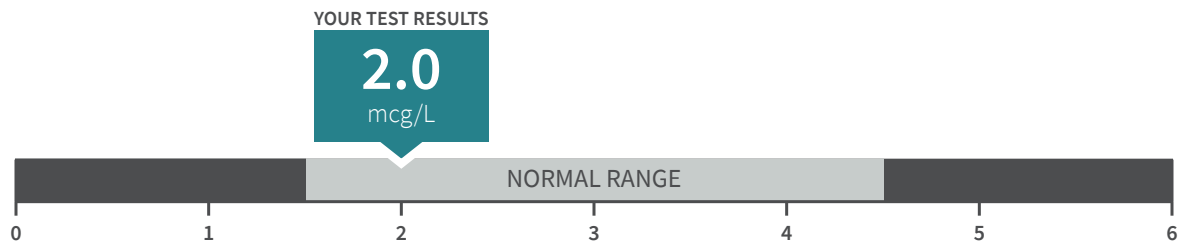
- Citrus fruits
- Tomatoes
- Potatoes
- Red and green peppers
- Kiwi
- Broccoli
- Strawberries
- Brussel sprouts
- Cantaloupe
- Cauliflower



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Vitamin B12



Your Result: 2.0 mcg/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.

Recommendations:

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.