Breast milk is a dynamic solution which changes to **match the evolving nutritional needs** of developing babies. Lower protein intake in infancy may **decrease the risk of being overweight or obese** later in life.

**Growth velocity and protein intake**

- **1st month**
  - JANUARY: 14–16 g/L
  - DECEMBER: 7–8 g/L

- **12th month**
  - 753 kcals (BOYS)
  - 698 kcals (GIRLS)

**Protein content of breast milk**

- **1st month**
  - JANUARY: 14–16 g/L
  - DECEMBER: 7–8 g/L

**Energy expenditure and breast milk intake**

- **1st month**
  - GIRLS: 0.6 kg/day
  - BOYS: 0.8 kg/day

**Growth velocity and protein intake**

- **1st month**
  - Growth velocity: 1.25 g/kg body weight/day
  - Protein intake: 306 kcals

- **12th month**
  - Growth velocity: 1.00 g/kg body weight/day
  - Protein intake: 286 kcals

**Energy expenditure and breast milk intake**

- **1st month**
  - 306 kcals
  - 0.6 kg/day

- **12th month**
  - 286 kcals
  - 0.8 kg/day

Protein content varies at each stage of lactation and decreases significantly after several months of breastfeeding.

**References**


**Early protein hypothesis**

Low protein infant formula is associated with lower weight in infants up to 2 years of age, which suggests that lower protein intake in infancy may decrease the risk of obesity later in life.