Promoting a **better understanding of human milk composition**, and all the factors which affect it, to develop advanced nutritional strategies for mothers and infants.
Introducing LIFE – pioneering work in human milk composition

Human milk constitutes the optimal nutrition for infants and is associated with short- and long-term health benefits. The WHO recommends exclusive breastfeeding during the first 6 months of life, continued up to 24 months or beyond with adequate complementary feeding.

Understanding the composition of human milk and the factors affecting it is crucial for the optimization of maternal nutrition and health during pregnancy and lactation. As technological advances take place, scientists have gained more insights of the nutrients and bioactives in human milk.

To find out more, discover LIFE at https://www.nestlenutrition-institute.org/research-center

LIFE (Lactation for Infant Feeding Expertise) is a research program aiming to characterize human milk composition along the lactation period and includes:

- 16 clinical studies in 20 countries across the globe, as well as numerous external collaborators with key opinion leaders in the field.
- State-of-the-art analytical techniques developed to characterize human milk.
- Standardized methods of milk sampling in different populations, including mothers of preterm and small for gestational age infants.
- 20 new validated methods to analyze more than 200 nutrients and bioactives in milk.
- Collection of 8,000 human milk samples from more than 2,000 women at different stages of their lactation period.
- Over 20 peer-reviewed scientific publications and reviews, and more in the years to come.
NNI is a not-for-profit organization dedicated to advancing the science of nutrition.

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