

Protein content in breast milk | Did you know?

The protein in breast milk is one of the most important nutrients for babies. Babies develop rapidly and need relatively more protein than children and adults. Interestingly, almost every aspect of your baby's growth is partly dependent on protein. It is an essential component of our muscles, organs, enzymes, hormones, blood, skin, hair and more. Babies need more protein per kg in body weight compared to children and adults to help keep up with their speedy growth and development. The protein in breast milk has a quantity and quality to match what babies need at each stage of development.