



“Funny” Breast Milk

Flavors in breast milk

- Foods and spices
Breast milk will have the faint smell and flavor of spices and foods eaten by the mother. It has been speculated that these flavors passed on to the baby in breast milk, acquaints him to the flavor of the family foods.
- Alcohol
Studies have shown that babies consumed less milk when it contained alcohol. Alcohol consumption should be avoided or limited due to the alcohol that is passed to the baby.
- Exercise
Milk from mothers who exercise prior to breastfeeding can contain “off” flavors due to the lactic acid that builds in the body during vigorous exercises and which is passed into the breast milk. Although it does not cause the baby any problem, the baby may not be eager to nurse right after exercise.

Smells in breast milk

- Flavors of foods or spices can influence the smell of breast milk
- Occasionally women report milk that smells “spoiled” after only a short period of storage. The cause of this is unknown (though may be related to an unusually fast break down of milk fats).
Suggestions may include use of glass storage containers, freezing at the coldest temperature possible and keeping the milk away from odor releasing foods in the refrigerator or freezer.

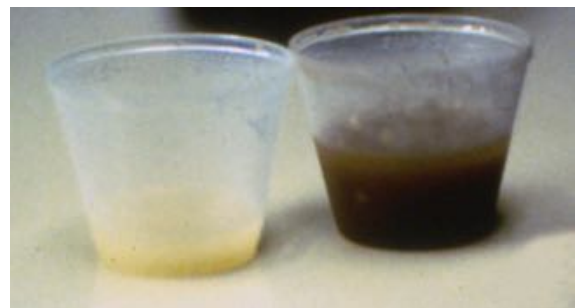
Women have found that heat treating their milk (heating until steaming, then chilling) stops the formation of “off” odors.

Colors in breast milk

Foods consumed by the mother can influence the color of breast milk:

- Green: Spinach and green leafy vegetables
- Pink: Beets
- Orange: Carrots and squash

“Rusty Pipe Syndrome” is a brownish color in breast milk that usually occurs right after giving birth, it disappears over time and it is not associated with any discomfort. The coloration is due to small amounts of blood from broken capillaries in the breast. It is perfectly safe for a baby to drink this milk.



Cream in breast milk

Cream will rise to the surface of the milk. It may appear as a layer or as clumps. Swirl the milk before feeding to disperse the fat back into the milk.

Please be aware that the information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician for any questions you may have regarding your medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this program.