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Minerals in human milk: an update on current levels and temporal changes during lactation

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Due to its major importance in infant nutrition, human milk composition has been a topic of great interest in the scientific community.

Regarding the mineral constituents, typical levels have been widely reported, but a great variability between studies is evident. Different aspects are involved, including the nutritional status of the lactating mother, geographical factors, parity, term / preterm birth, and stage of lactation.

In this communication an update on current levels of macro and micromineral nutrients in human milk will be presented. The changes observed over the course of lactation will be focused.