

Types of breast milk

The composition of breast milk varies over time, in terms of the proportions of key components that feed and protect your baby.

Read on to learn more!



Stage 1:
Colostrum



When it's produced:

During pregnancy and lasts for 2-4 days after birth

Colour and texture:

Yellowish with a thick consistency

Characteristics:

- High in protein, fat-soluble vitamins, minerals, and immunoglobulins
- Rich in antibodies that pass from the mother to the baby and provide passive immunity against a wide variety of bacterial and viral illnesses



Stage 2:
Transitional
milk

When it's produced:

After colostrum and lasts for approximately two weeks

Colour and texture:

Changes from yellow to white, thinning out over time

Characteristics:

- Contains high levels of fat, lactose, and water-soluble vitamins
- Higher in calories than colostrum
- Also contains antibodies



Stage 3:
Mature
milk

When it's produced:

After 2 weeks and fully matures about 4 weeks after birth

Colour and texture:

Whitish (varies with diet)

Characteristics:

Fore-milk: Found during the beginning of the feeding and contains water, vitamins, and protein

Hind-milk: Occurs after initial release of milk, contains higher levels of fat and is necessary for weight gain

- Also contains antibodies



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The World Health Organisation recommends continued breastfeeding for up to two years or longer.