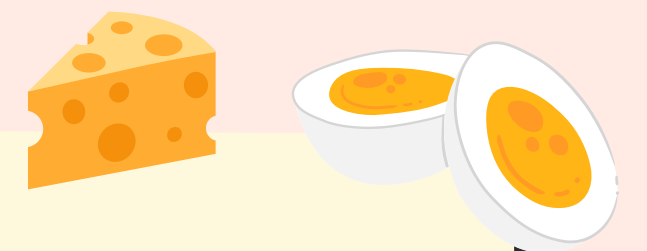
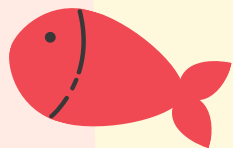


母親飲食與母乳成分



宏量營養素

- 若膳食中蛋白質的質及量不理想，有機會減少母乳分泌，亦會影響到母乳蛋白的氨基酸組合¹
- 脂肪酸
 - 多攝取長鏈不飽和脂肪酸如DHA可提升母乳中的含量²
 - 進食魚類的數量(如三文魚、黃花魚及鱈魚)與母乳中的DHA水平有直接關係³



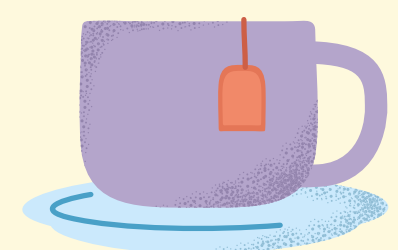
微量營養素

- 以下營養素的攝入量可改變母乳中相關營養素的水平：⁴⁻⁷
 - 維他命 A、B1、B2、B6、B12、C和D
 - 膽鹼
 - 碘質和硒質



咖啡因

- 少量的咖啡因可被傳送到母乳中，可能令嬰兒不安^{8,9}
- 建議懷孕及授乳婦女控制每日咖啡因攝取量少於200毫克⁹
- 咖啡因的來源：^{10,11}
 - 1 杯普通咖啡 (230 毫升): 200 毫克
 - 1 杯港式奶茶 (230 毫升): 170 毫克
 - 1 杯台式奶茶 (400 毫升): 130 毫克
 - 1 罐能量飲品 (250 毫升): 45 毫克
 - 1 罐可樂(355 毫升): 33 毫克
 - 1 杯茉莉花茶 (250 毫升): 30 毫克
 - 1 杯朱古力奶飲品(236 毫升): 3 毫克



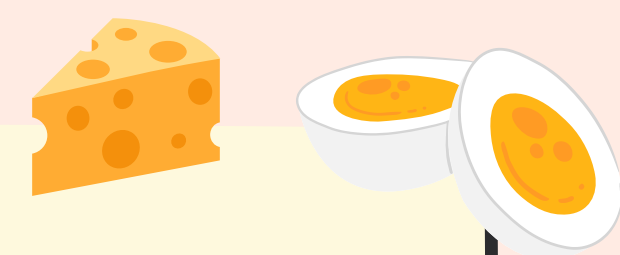
母親飲食與母乳低聚糖(HMO)

- 較高的水果總攝入量與母乳中多種HMO水平的增加有關¹²
- 食用較多醃製肉類與母乳中多種HMO水平的減少有關¹²

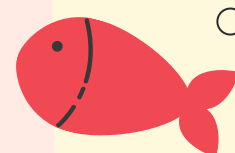


MATERNAL DIETARY INTAKE AND HUMAN MILK COMPOSITION

Macronutrients



- Undesirable **quality and quantity of protein** intake may reduce human milk volume and affect amino acid profile of protein in human milk¹
- Fatty acids
 - Higher intake of **polyunsaturated fatty acids including DHA** enhances the levels in human milk²
 - **Fish intake (i.e. salmon, croaker, mandarin)** was positively associated with DHA content in human milk³



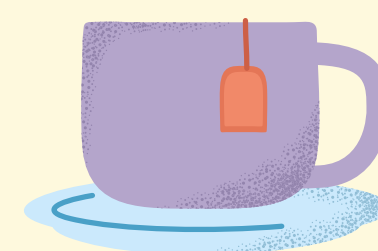
Micronutrients

- Maternal intake of the below nutrients modifies their levels in human milk:⁴⁻⁷
 - **Vitamins A, B1, B2, B6, B12, C and D**
 - **Choline**
 - **Iodine and selenium**



Caffeine

- Small amount of **caffeine can pass to human milk** and may keep babies restless^{8,9}
- Pregnant and lactating women are advised to **restrict caffeine intake to < 200 mg daily**⁹
- Sources of caffeine:^{10,11}
 - 1 cup of regular coffee (230 mL): 200 mg
 - 1 cup of local cafe style milk tea (230 mL): 170 mg
 - 1 cup of Taiwanese style milk tea (400 mL): 130 mg
 - 1 can of energy drink (250 mL): 45 mg
 - 1 can of cola drink (355 mL): 33 mg
 - 1 cup of jasmine tea (250 mL): 30 mg
 - 1 cup of chocolate milk beverage (236 mL): 3 mg



Maternal Diet and Human Milk Oligosaccharides (HMOs)

- Higher total **fruit intake** was associated with **increased abundance of various HMOs**¹²
- Higher **intake of cured meats** was associated with **reduced abundance of various HMOs**¹²

