Breast milk is a remarkable liquid created by the human body to nourish babies.– Breast milk's flavor can change subtly based on your diet, introducing your little one to a diverse palate.For instance: – **Foremilk**: Initially, breast milk is thin, watery, and lower in fat, calories, and vitamins A and E. – **Hindmilk**: As the feeding progresses, the fat content increases significantly in the hindmilk, providing up to two or three times more fat than the foremilk.– **Growth Spurts**: Babies' growth spurts lead to increased nursing frequency and longer feeding sessions, boosting both volume and fat content.Its composition is intricate, comprising a multitude of substances that adapt to meet the growing child's needs.**Nutrient Components**: – **Water**: Approximately **87%** of breast milk is water, providing essential hydration for the baby.– **Protein**: Breast milk contains **1%** protein, which plays a crucial role in growth and tissue repair.**Dynamic Changes**: – **Variability**: The composition of breast milk isn't fixed; it varies from parent to parent and even within the same parent based on the baby's needs.Remarkably, your baby's taste preferences may be shaped by the flavors they encounter through breast milk.**Circadian Rhythm**: – Breast milk follows a biological clock.2.3.4.

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