

Targeted fortification of human milk in the NICU

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Human milk provides adequate nutrition for term infants, but infants born preterm and provided human milk, might receive lower than recommended amounts of some nutrients. Fortifiers are available to provide additional nutrients to supplement human milk, but there is insufficient evidence available on which composition and amounts of fortifiers promote growth and development without adding adverse effects.

Targeted fortification is based on measurement of macronutrient content in mothers own and/or donated human milk, calculating and adding needed amounts in order to reach recommended intake.

From the perspective of the mother, fortification of a mother's own milk might indicate that her expressed milk is of inadequate quality and thus interfere with the establishment of breastfeeding.

The experience from our unit on targeted fortification on macronutrient intake and growth is presented as well as how to promote the use of human milk and thus promote breastfeeding.