



THE MANY COLORS OF BREASTMILK

WHAT CHANGES MILK COLOR:

- STORAGE
- STAGES OF BREASTFEEDING
- WHAT YOU INGEST
- TIME OF DAY (TOP REASONS)



1
Blue:
 Less fatty milk
 (transitional or mature)



2
White/ Cream colored:
 Mature Milk or, fatty milk

3
Dark yellow:
 Colostrum, nutrient dense, first milk to "come in"



4
Red or Pink:
 Presence of blood. Can also be due to red heavy foods/drinks

5
Green:
 Most commonly due to green foods or drinks, can also be from certain medications

