Why PREMATURE INFANTS Need Access to an EXCLUSIVE HUMAN MILK DIET

In the United States, more than 1 IN 10 BABIES ARE BORN PREMATURE. Micro preemies are born severely premature, weighing less than 1,250 grams.

MICRO PREEMIES are at risk for: Necrotizing Enterocolitis (NEC), which:
- Damages intestinal tissue
- Causes distended abdomen, infection, low blood pressure and shock
- Threatens infants’ lives

NEC occurrence increases when a preemie consumes non-human milk products. When that happens:
- Micro preemies who get NEC
  - 5% on Exclusive Human Milk Diet
  - 17% on Non-Human Milk Products
- Micro preemies requiring surgery to treat NEC
  - 1% of micro preemies needing surgery will die from NEC

HOW TO HELP PREVENT NEC: EXCLUSIVE HUMAN MILK DIET

What is an Exclusive Human Milk Diet?

- NO cow’s milk
- NO sheep’s milk
- NO goat’s milk
- NO formula

mother’s milk
human donor milk
human milk-based fortifier

Why Is An Exclusive Human Milk Diet Important?
An Exclusive Human Milk Diet gives vulnerable infants the best chance to be healthy and reduces the risk of NEC and other complications.

When a micro preemie can access an EXCLUSIVE HUMAN MILK DIET:

- Mortality is reduced by 75%
- Feeding intolerance decreases
- Chances of NEC are reduced by 77%

HUMAN MILK = MEDICINE

NICU moms often have difficulty providing all the nutrition their babies need. Any amount of human milk your baby receives is beneficial. Talk to your care team about your baby’s specific nutrition needs and request support to help you achieve your goals.

1 Hair AB et al. "Beyond Necrotizing Enterocolitis Prevention: Improving Outcomes with an Exclusive Human-Milk–Based Diet." Breastfeeding Medicine DOI: 10.1089/bfm.2015.0134
4 Assad M, Elliott MJ and Abraham JH. “Decreased cost and improved feeding tolerance in VLBW infants fed an exclusive human milk diet” Journal of Perinatology advance online publication 12 November 2015; DOI: 10.1038/jp.2015.168