

## The value of running genetic analysis on breastmilk

*The following is an edited excerpt.*

The composition of breast milk varies from mother to mother, and genetic factors may affect the levels of protective components in breast milk that could influence a newborn's outcomes.

In a recently published review article, researchers describe the potential value of the genetic information obtained from breast milk, which can be collected easily and noninvasively. It could lead to a better understanding of the variability in breast milk and to strategies for optimizing the neonatal diet through fortification of donor breast milk, supplementation of the mother's diet, or maternal lifestyle changes that would affect breast milk composition.

**Read the full story here:** [Better understanding of breast milk variability, strategies for optimizing neonatal diet](#)