

Breast Milk Color Variations

What affects breast milk color?

- Stage of milk
- What you eat
- Breast milk storage

Breast Milk Stages

1

COLOSTRUM

First milk you produce, highly concentrated. Colors: yellow - orange

2

TRANSITIONAL

A few days after colostrum. Colors: yellow - white

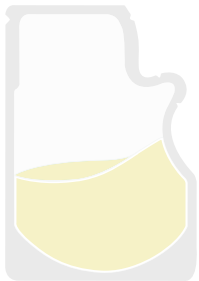
3

MATURE

~2 weeks after colostrum. Colors: white - cream, clear - blue

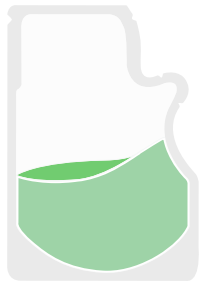
Breast Milk Color Guide

This guide is intended as a reference only. Always consult a healthcare or lactation professional if you have any concerns about your breast milk color, and before taking any medication or supplements.



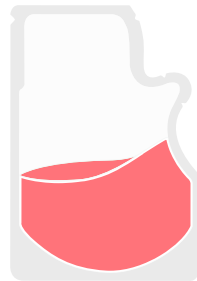
YELLOW

Normal during colostrum stage. Foods, such as turmeric, can also produce a yellow tint.



GREEN

Eating green veggies or medications. If accompanied by symptoms of illness or any sort of health reactions, call your healthcare provider.



RED. RUST, PINK.

From a diet with red-colored foods/drinks: beets, candies, jellies, or soda. It may also be from blood, so contact your doctor if this color persists.



BLACK

One of the most unusual colors. Best to consult your healthcare provider.



Aeroflow
Breastpumps