

Color **Variations** in Breast Milk

Did you know that it's perfectly normal for breast milk to be different colors? Check out our quick reference to what each color means!

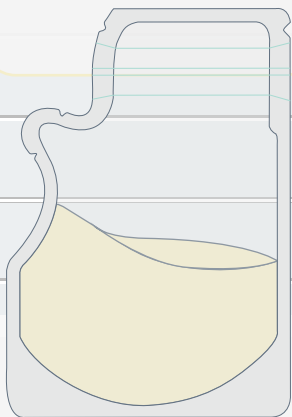
What affects breast milk color? Stage of milk, what you eat and how you store your breast milk.

Breast Milk Stages: Colostrum - first milk your produced, highly concentrated
Transitional - a few days after colostrum
Mature - approx. two weeks after colostrum

Breast Milk Colors

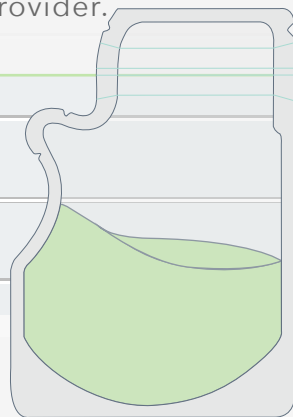
Yellow

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



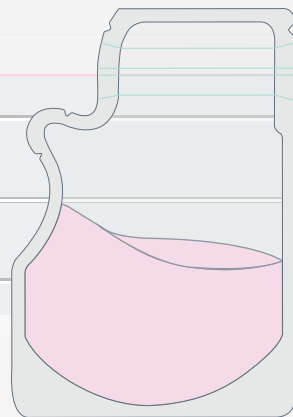
Green

Usually due to eating green vegetables, or medications. If accompanied by symptoms of illness or any sort of health reaction, call your provider.



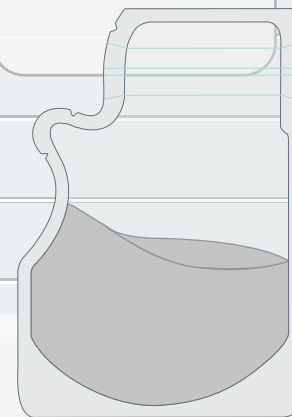
Rust, Red or Pink

Possibly from a diet that includes foods such as beets, jellies, candies or soda with red coloring. 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.



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