

Anexo 3. Composición de la leche materna. ¹

Nutriente	Leche materna
Agua	88%
Calorías	70
Proteínas totales (g/100 ml)	0.9
Caseína (g/100 ml)	0.25
Nitrógeno total (mg/100 ml)	0.9
Lactoalbúmina (mg/100 ml)	161
Lactoferrina (g/100 ml)	0.17
Ig A(g/100 ml)	0.14
Grasas totales(g/100 ml)	4.2
Colesterol(mg/100ml)	16
Acido linoleico (% de la grasa)	8.3%
Lactosa (g/100 ml)	7.3
Vitamina A (mcg/100 ml)	47
Vitamina D (mcg/100 ml)	0.004
Vitamina E (mcg/100 ml)	315
Vitamina K (mcg/100 ml)	0.21
Biotina (mcg/100 ml)	0.6
Vitamina B 12 (mcg/100 ml)	26
Acido ascórbico (mcg/100 ml)	4.5
Magnesio (mg/100 ml)	3.5
Calcio (mg/100 ml)	28
Potasio (mg/100 ml)	58
Sodio (mg/100 ml)	15
Fósforo (mg/100 ml)	15
Cloro (mg/100 ml)	42
Azufre (mg/100 ml)	14
Cobre (mcg/100 ml)	35
Hierro (mcg/100 ml)	40
Yodo (mcg/100 ml)	7

¹ Tomada de <https://lmolaguibel.wordpress.com/pnlm/>