

Supplementary Table 1

Monthly percentile summaries for macronutrient concentration in human milk

Web-ready card layout in a UC Davis-inspired blue palette

Energy density • kcal/L							
Age	P05	P10	P25	P50	P75	P90	P95
4-17 d	486	518	578	658	754	859	932
18-31 d	471	503	563	643	741	848	923
1-2 m	455	486	547	627	726	835	911
2-3 m	439	471	531	612	712	823	902
3-4 m	428	460	521	603	704	818	899
4-5 m	422	454	515	598	702	818	902
5-6 m	418	450	512	597	703	823	909
6-7 m	416	448	511	597	706	829	918
7-8 m	414	447	511	598	709	836	928
8-8.5 m	413	446	510	599	712	841	935

Source: uploaded supplementary table. Values preserved as provided.