

Macronutrients

Comparison of MILQ pooled median macronutrient intake in exclusively breastfed infants from 1 to 6 mo with IOM adequate intakes (AIs).

Nutrient	MILQ	IOM AI	%AI
Protein (g/d)	7.1	9.1	65
Carbohydrate (g/d)	57.1	60	95
Fat (g/d)	26.0	31	84
Energy (kcal/d)	487.5	438-645 ²	76%-111%

Abbreviations: IOM, Institute of Medicine; MILQ, mothers, infants, and lactation quality study; NAM, National Academy of Medicine. 1 AIs for 0-6 mo. 2 Not considered an AI, depends on infant sex and weight.

B-vitamins

Comparison of MILQ pooled median B-vitamin intake in exclusively breastfed infants from 1 to 6 mo with IOM adequate intakes.

Nutrient	MILQ	IOM AI	%AI
B1 (µg/d)	90	200	45
B2 (µg/d)	87	300	29
B3 (mg/d)	1.2	2.0	60
Pantothenic acid (mg/d)	2.0	1.7	118
B6 (µg/d)	65	100	65
Biotin (µg/d)	6.4	5.0	128
B12 (µg/d)	0.25	0.40	63

Abbreviations: Adequate intake; IOM, Institute of Medicine; MILQ, mothers, infants, and lactation quality study. 1 AIs for 0–6 mo.

Fat-soluble vitamins

Comparison of MILQ pooled median fat-soluble vitamin intake in exclusively breastfed infants from 1 to 6 mo with IOM adequate intakes.

Nutrient	MILQ	IOM AI	%AI
Vitamin A (RAE, µg/d)	389	400	97
α-tocopherol (mg/d)	3	4	75
γ-tocopherol (mg/d)	0.7	N/A	—
Vitamin D (ARA, IU/d)	24.4 ^{2, 3}	400	6

Abbreviations: Adequate intake; ARA, antirachitic activity; IOM, Institute of Medicine; MILQ, Mothers, Infants, and Lactation Quality Study; N/A, not available; RAE, retinol activity equivalents. 1 AI is for 0–6 mo except vitamin D, which is for 0–12 mo. 2 Excluding Bangladesh due to a large proportion of samples with low or undetectable concentrations of vitamin D. 3 Estimated human milk concentration, not considered to be sufficient or used to establish the AI.

Minerals

Comparison of MILQ pooled median mineral intakes in exclusively breastfed infants from 1 to 6 mo with IOM (NAM for sodium and potassium)

Nutrient	MILQ median	IOM AI	MILQ median as %AI
Sodium (mg/d)	96	110	87
Potassium (mg/d)	452	400	113
Magnesium (mg/d)	27	30	90
Phosphorus (mg/d)	125	100	125
Calcium (mg/d)	239	200	120
Iron (mg/d)	0.20	0.27	74
Copper (mg/d)	0.22	0.20	110
Zinc (mg/d)	1.21	0.871	139
Selenium (µg/d)	7.746	NA	—

Abbreviations: Adequate intake; IOM, National Academy of Medicine; MILQ, Mothers, Infants, and Lactation Quality Study; NAM, National Academy of Medicine. For selenium, the IOM AI is not shown in the source table.