OmegaQuant Analytics
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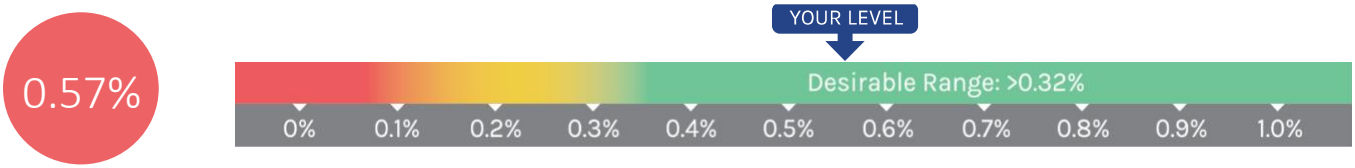
Mother's Milk DHA Report

NAME: John Doe
DOB: 01/01/1950
ID: JDoe

COLLECTION DATE: 04/10/2018
RESULT DATE: 04/11/2018
PROVIDER:
ACCOUNT: Complimentary

Your MM-DHA

Reference Range*: 0.2 – 1.2%



* Reference Ranges encompass about 95% of values from breastfeeding women worldwide. Visit our FAQ section for more info.

First, congratulations on breastfeeding your baby! There are many benefits to breastfeeding for you and your baby, both physical and emotional. There are many important nutrients in your breastmilk. Levels of most of them are set by nature and are tailored to your baby's needs, but there are a few that are affected by what you eat, like the nutrient DHA. DHA, or docosahexaenoic acid, is an omega-3 fatty acid that is found in fish. DHA is important for brain, eye and immune system development of your baby and may help support postpartum mental health for you.

The MM-DHA level is the percent of DHA of all fatty acids in your breastmilk. As a part of an overall healthy lifestyle, a MM-DHA of >0.32% helps provide your baby with a good amount of these important fats while helping to preserve your own DHA levels. Arachidonic acid (AA) is another important fatty acid for your baby's growth and development. Unlike DHA, AA levels in breast milk are largely set by nature and less so by diet. Your Mother's Milk-AA level was 0.5%, and the reference range is 0.2% - 1.0%.

To achieve and maintain a desirable MM-DHA level, we first recommend eating foods rich in DHA, which include fish like salmon and sardines and fortified foods like omega-3 milk and eggs. Eating a variety of fish, with a focus on high-DHA and low-mercury options (see attached list), at least twice per week during and after pregnancy is beneficial for mom and baby. Omega-3 dietary supplements, like fish oils, are an excellent DHA source. We recommend supplements with both the marine-derived omega-3s, DHA and EPA (eicosapentaenoic acid), but taking a supplement with at least 200 mg of DHA in a serving is the primary goal. You do not need to worry about mercury or other environmental contaminants in supplements.

The other main dietary omega-3 fatty acid, alpha-linoleic acid (ALA), is found in walnuts, flax and chia seeds. ALA can be converted to DHA in the body, but this happens at a very low rate in most people. An increase in ALA intake will have little to no effect on your MM-DHA level. There are vegan algal oil options that are a good source of DHA for those who prefer plant-based omega-3s.

The amount of DHA needed to raise your MM-DHA level into the desirable range is different for everybody. Many factors – age, sex, weight, diet, genetics, DHA blood level during pregnancy, breastfeeding duration, parity – can all influence the body's response to DHA. Still, we can provide an estimate, based on our own research, of how much DHA you may need to raise your level to the desirable range given your current MM-DHA level. Visit our MM-DHA Calculator on OmegaQuant.com for your personalized DHA recommendation.

Please consult with your healthcare provider before making any dietary changes. If you increase your intake of DHA, your MM-DHA level will start increasing within days. We recommend that you re-measure your MM-DHA level every 2-3 weeks while changing your DHA intake until you reach the desirable range. Once you reach a desirable MM-DHA level, we recommend that you re-test every 6 months while breastfeeding and maintain your DHA intake. Answers to commonly asked questions about your results can be found in our FAQs.

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Amount of DHA in Seafood and Supplements by Mercury Content

Fish and Seafood (3 oz, 85 g, 1 serving)	DHA (mg per serving)
Low Mercury – Eat 2-3 servings per week	
Kippered Herring	1003
Coho/Silver Salmon (farmed)	740
Atlantic Salmon (farmed)*	680 – 1238
Mackerel (canned)	677
Chum Salmon (canned)	597
Pink Salmon (canned)	579
Coho Salmon (wild)	559
Rainbow trout (farmed)	524
Sockeye Salmon (wild)	476
Sardines (canned)	433
Atlantic Pollock	383
Skipjack Tuna 201	201
Light Chunk Tuna (canned)	190
Oysters (eastern, raw)	173
Perch	158
Cod	131
Clams (moist heat)	124
Tilapia	111
King Crab (moist heat)	100
Dungeness Crab	96
Scallops	88
Catfish (farmed)	59
Shrimp (moist heat)	13
Moderate Mercury - Eat up to 1 serving per week	
Albacore (white) Tuna (canned)	535
Chilean Sea Bass	473
Halibut	132
Mahi-Mahi (Dolphin Fish)	96
Yellowfin (Ahi) Tuna	89
Excess Mercury - Avoid	
Swordfish	656
Tile fish (Gulf of Mexico) 623	623
Shark (raw)	448
Bigeye (Ahi) Tuna	375
King Mackerel	193
Supplements – Take at least 200 mg DHA per day	
Standard Drug Store Fish Oil	120
Vegan DHA Capsules	100-350
Fish Oil Concentrates (many varieties)	100-500
Cod Liver Oil (teaspoon)	500
Standard Drug Store Fish Oil Capsules	120

Sources: Mercury groupings based on Food and Drug Administration and Environmental Protection Agency 2017 guidance on eating fish for pregnant women and parents found here: https://www.fda.gov/Food/ResourcesForYou/Consumers/ucm393070.htm; accessed on December 13, 2018. DHA content based on USDA Nutrient Data Lab values found here: http://ndb.nal.usda.gov/ndb/search/list; accessed on December 13, 2018. Values are for 3 oz (85 g) servings and cooked with dry heat unless otherwise noted.

*Farmed Salmon can have a range of EPA and DHA based on the fish feed. Sprague M, et al. Scientific Reports, 2016; 6:21892.