

FOREMILK

Meaning: Foremilk is the initial, thinner milk produced during breastfeeding, characterized by its lower fat content compared to hindmilk.

1. Foremilk is the thinner, watery milk that is often released at the beginning of a breastfeeding session.
2. Many mothers notice that foremilk is lower in fat content compared to hindmilk.
3. The baby may drink foremilk quickly before transitioning to the richer hindmilk.
4. It's important for breastfeeding mothers to understand the difference between foremilk and hindmilk for proper nutrition.
5. Foremilk can help quench a baby's thirst, while hindmilk provides the calories needed for growth.

Source: sentences.whatistheurl.com

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