

Carotenoid Content in Breastmilk in the 3rd and 6th Month of Lactation and its Associations with Maternal Dietary Intake and Anthropometric Characteristics

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Table S1. Characteristics of the study group.

Variables	1 st study visit	3 rd study visit
	n=53 (100%)	n=47 (89%)
	Mean ± SD ¹	Mean ± SD ¹
	min – max	min – max
	n (%)	n (%)
Maternal age (years)	31.4 ± 3.8	31.1 ± 3.6
	23 – 40	23 – 40
Maternal education (%)		
- secondary school or university student	3 (6)	2 (4)
- university, graduated	50 (94)	45 (96)
Parity (%)		
- primiparous	25 (47)	22 (47)
- multiparous	28 (53)	25 (53)
Average income per capita (%)		
- < 1000 PLN	4 (8)	4 (8)
- 1000 – 1500 PLN	12 (21)	10 (21)
- >1500 PLN	37 (71)	33 (71)
Civil status (%)		
- non-formal relationship	9 (17)	7 (15)
- marriage	44 (83)	40 (85)
Maternal prepregnancy BMI (kg/m²)	22.3 ± 3.8	22.4 ± 3.6
	18.4 – 38.6	18 – 39
Maternal prepregnancy nutritional status (%)		
- underweight	1 (2)	1 (2)
- normal weight	46 (87)	41 (87)
- overweight or obesity	6 (11)	5 (11)
Maternal BMI at 1st month of lactation (kg/m²)	23.8 ± 3.6	23.8 ± 3.8
	18.4 – 39.7	18.4 – 39.7
Maternal nutritional status at 1st month of lactation (%)		
- underweight	1 (2)	1 (2)
- normal weight	40 (78)	37 (79)
- overweight or obesity	10 (20)	9 (19)
Maternal BMI at 3rd month of lactation (kg/m²)	23.2 ± 3.8	23.3 ± 3.8
	18.1 – 40.8	18.1 – 40.8
Maternal nutritional status at 3rd month of lactation (%)		

- underweight	1 (2)	1 (2)
- normal weight	42 (86)	40 (85)
- overweight or obesity	6 (12)	6 (13)
Maternal BMI at 6th month of lactation (kg/m²)	22.8 ± 4.0	22.8 ± 4.0
	19.0 – 42.6	19.0 – 42.6
Maternal nutritional status at 6th month of lactation (%)		
- underweight	-	-
- normal weight	40 (85)	40 (85)
- overweight or obesity	7 (15)	7 (15)
Mode of delivery (%)		
- vaginal	27 (51)	25 (53)
- vaginal with vacuum or forceps use	2 (4)	1 (2)
- planned cesarean section	13 (25)	11 (23)
- emergency cesarean section	11 (21)	10 (21)
Infant gender (%)		
- female	28 (53)	25 (53)
- male	25 (47)	22 (47)
Gestational age (weeks)	39.3 ± 1.2	39.3 ± 1.3
	37 - 42	37 - 42
Birthweight (g)	3391.4 ± 357.5	3383.0 ± 370.4
	2730.0 – 4240.0	2730.0 – 4240.0
Birth length (cm)	54.0 ± 2.5	54.0 ± 2.6
	47 – 59	47 – 59

¹ SD – standard deviation.

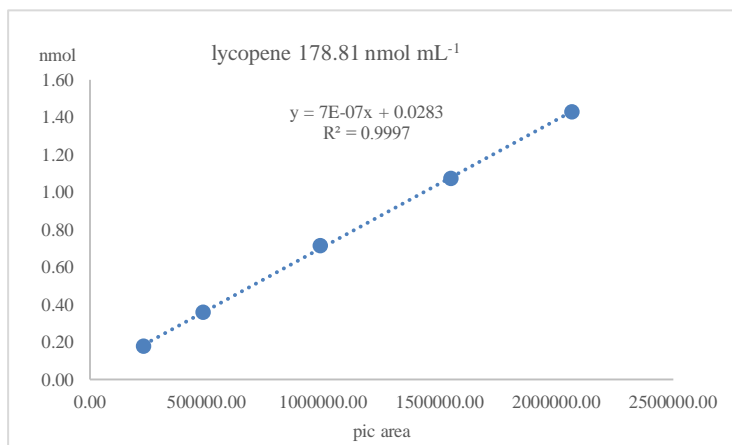
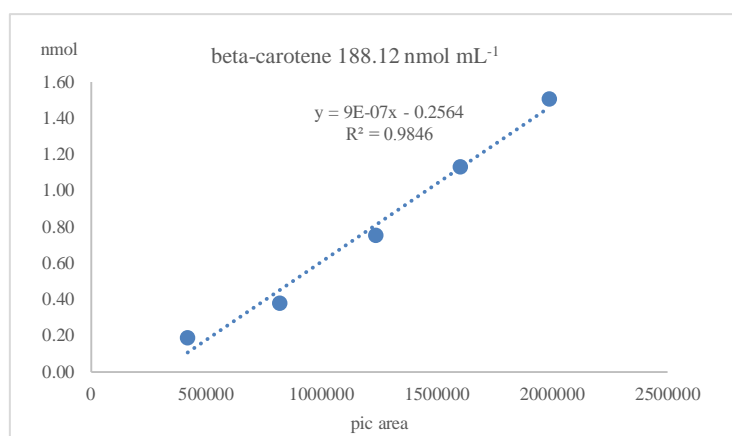
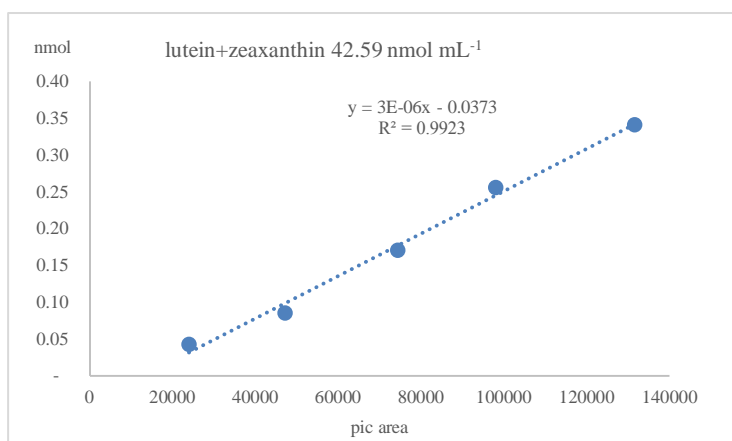


Figure S1: The standard curves for all carotenoids used in presented manuscript.