

Human Milk Fortification – Evidence Related to Bovine vs Human Milk Derived

Supplemental Resources

Guidelines for Healthcare Providers

Human Milk Fortification

Picaud JC, Vincent M, Buffin R. Human milk fortification for preterm infants: A review. In: Koletzko B, Cheah FC, Domellöf M, Poindexter BB, Vain N, van Goudoever JB, eds. *Nutritional Care of Preterm Infants: Scientific Basis and Practical Guidelines*, 2nd Ed. S. Krager AG. 2021;122:225–247. doi.org/10.1159/000514744

Key Publications

European Milk Bank Association Recommendations on Human Milk Fortification

Arslanoglu S, Boquien CY, King C, et al. Fortification of Human Milk for Preterm Infants: Update and Recommendations of the European Milk Bank Association (EMBA) Working Group on Human Milk Fortification. *Front Pediatr*. 2019;7:76. Published 2019 Mar 22. [doi:10.3389/fped.2019.00076](https://doi.org/10.3389/fped.2019.00076)

Cochrane Review on Multi-nutrient Fortification of Human Milk

Brown JV, Lin L, Embleton ND, Harding JE, McGuire W. Multi-nutrient fortification of human milk for preterm infants. *Cochrane Database Syst Rev*. 2020;6(6):CD000343. Published 2020 Jun 3. [doi:10.1002/14651858.CD000343.pub4](https://doi.org/10.1002/14651858.CD000343.pub4)

Cochrane Review on Differing Protein Concentrations and Neurological Development

Gao C, Miller J, Collins CT, Rumbold AR. Comparison of different protein concentrations of human milk fortifier for promoting growth and neurological development in preterm infants. *Cochrane Database Syst Rev*. 2020;11(11):CD007090. [doi:10.1002/14651858.CD007090.pub2](https://doi.org/10.1002/14651858.CD007090.pub2)

World Health Organization. **Multi-nutrient fortification of human milk for preterm infants: Systematic review summary.**

<https://www.who.int/tools/elena/review-summaries/feeding-vlbw-infants--multi-nutrient-fortification-of-human-milk-for-preterm-infants>

World Health Organization. **Feeding of very-low-birth-weight infants.**

<https://www.who.int/tools/elena/interventions/feeding-vlbw-infants>

Tools for Healthcare Providers

Feeding: NICU Handbook

Carlson SJ, Ziegler EE. Feeding: NICU Handbook. Iowa Neonatology Handbook. University of Iowa Stead Family Children's Hospital. 2022.

<https://uihc.org/childrens/educational-resources/feeding-nicu-handbook>

Resources for Families and Caregivers

Hand to Hold™ – Support for Parents of Premies (handtohold.org)

Ringley T. Hand to Hold: NICU Babies Parent Support. *Let's Talk About Human Milk Fortifiers: What Is It and Why Does My Baby Need It?* Posted March 10, 2023.

<https://handtohold.org/lets-talk-about-human-milk-fortifiers-what-is-it-and-why-does-my-baby-need-it/>

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Hand to Hold™ downloadable app designed specifically for NICU & bereaved parents:

[Apple App Store](#) | [Google Play](#)

Information on Breastmilk Fortification for Parents and Caregivers

Wagner B. University Health. **Why your baby may need fortification.** Posted January 2, 2024
<https://www.universityhealth.com/blog/a-mothers-place>

European Foundation for the Care of Newborn Infants (EFCNI). 2023.
[Fortification: nutritional additives for preterm and sick babies](#)

Fact sheet: [Breastfeeding a preterm baby](#)

Fact sheet: [Parenteral nutrition for very preterm and ill babies](#)



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