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Trace elements in Japanese maternal milk and infant formula

Tetsuo Kaneko[1)] and Namiko Yamawaki[1)]

1) Food Science Institute, Division of Research and Development, Meiji Dairies Corporation

Abstract:
In Japan, Recommend Dietary Allowance (RDA) and Dietary Reference Intake (DRI) of trace elements were first specified in 1999. More than 4, 000 human milk samples were collected during 1998 and 1999 from Japanese lactating women at different postpartum and were individually analyzed for composition of nutrients including trace minerals. The latest data on zinc, copper, and selenium concentrations was summarized. The daily intake status of the trace elements by breast- and bottle-fed infants was investigated in reference to the 6th edition of RDA and DRI for Japanese nation.

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