

Omega-3s and Breastfeeding:

A FOCUS ON DHA



DHA omega-3s are passed from the mother's breastmilk to her developing baby.



DHA is concentrated in the retina and **plays an important role in infant eye development.**¹



DHA is also **important for brain development** and makes up a significant percentage of the brain's fatty tissue.²



Breastfeeding moms should aim for at least 300 mg of DHA each day³ by:

- Eating two servings of fatty fish each week
- Choosing DHA-fortified foods and drinks
- Taking a DHA omega-3 supplement

LEARN MORE AT:

AlwaysOmega3.com

Using formula?

Make sure it is enriched with DHA and ARA.

References:

1. Chemistry and metabolism of lipids in the vertebrate retina. *Prog Lipid Res.* 1983; 22: 79-131

2. DHA and support of the cognitive development of the unborn child and breastfed infant. *EFSA Journal.*

3. Current Information and Asian Perspectives on Long-Chain Polyunsaturated Fatty Acids in Pregnancy, Lactation, and Infancy: Systematic Review and Practice Recommendations from an Early Nutrition Academy Workshop. *Ann Nutr Metab* 2014;65:49–80

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Last updated: July 2025