### Table S1. Nutrient contents of human milk according to maternal age.

| Variable          | Maternal age (years) | n  | Mean | SD  | Minimum | Q1  | Median | Q3  | Maximum |
|-------------------|----------------------|----|------|-----|---------|-----|--------|-----|---------|
| Protein (g/100 mL)| <30                  | 30 | 1.38 | 0.28| 0.90    | 1.18| 1.40   | 1.50| 2.00    |
|                   | 30-35                | 43 | 1.21 | 0.33| 0.40    | 1.00| 1.20   | 1.40| 1.90    |
|                   | ≥35                  | 28 | 1.04 | 0.35| 0.40    | 0.80| 1.00   | 1.30| 1.80    |
| Fat (g/100 mL)    | <30                  | 30 | 3.41 | 0.58| 2.20    | 3.10| 3.50   | 3.70| 4.70    |
|                   | 30-35                | 44 | 3.17 | 0.98| 1.10    | 2.70| 3.10   | 3.70| 6.10    |
|                   | ≥35                  | 28 | 2.85 | 0.65| 1.40    | 2.33| 2.80   | 3.10| 4.70    |
| Lactose (g/100 mL)| <30                  | 30 | 5.62 | 0.24| 5.00    | 5.50| 5.60   | 5.80| 6.00    |
|                   | 30-35                | 44 | 5.79 | 1.20| 2.40    | 5.50| 5.70   | 5.80| 12.50   |
|                   | ≥35                  | 28 | 5.55 | 0.29| 4.70    | 5.40| 5.60   | 5.70| 6.10    |
| Energy (kcal/100 mL)| <30                 | 30 | 60.1 | 6.3 | 48.0    | 56.8| 61.0   | 63.0| 73.0    |
|                   | 30-35                | 44 | 57.7 | 14.2| 22.0    | 52.0| 56.0   | 61.8| 125.0   |
|                   | ≥35                  | 28 | 52.9 | 7.2 | 38.0    | 48.0| 52.0   | 57.0| 73.0    |
| Sodium (mmol/100 mL)| <30                | 22 | 21.3 | 9.8 | 10.1    | 14.4| 19.2   | 24.5| 46.0    |
|                   | 30-35                | 38 | 20.2 | 9.4 | 7.1     | 12.3| 18.5   | 27.2| 42.5    |
|                   | ≥35                  | 20 | 17.5 | 10.2| 6.7     | 9.6 | 14.8   | 24.0| 37.3    |

### Table S2. Nutrient contents of human milk according to milk volume.

| Variable    | Milk volume (quartiles) | n  | Mean | SD  | Minimum | Q1  | Median | Q3  | Maximum |
|-------------|-------------------------|----|------|-----|---------|-----|--------|-----|---------|
| Protein (g/100 mL) | 1st                    | 25 | 1.38 | 0.30| 0.70    | 1.15| 1.40   | 1.65| 1.80    |
|             | 2nd                    | 26 | 1.22 | 0.34| 0.60    | 0.90| 1.30   | 1.43| 1.90    |
|             | 3rd                    | 25 | 1.28 | 0.31| 0.70    | 1.05| 1.30   | 1.45| 2.00    |
|             | 4th                    | 25 | 0.98 | 0.32| 0.40    | 0.80| 1.00   | 1.20| 1.60    |
| Fat (g/100 mL)  | 1st                    | 25 | 2.94 | 0.66| 1.20    | 2.45| 3.00   | 3.45| 4.20    |
|             | 2nd                    | 26 | 3.19 | 0.83| 1.50    | 2.70| 3.00   | 3.58| 5.60    |
|             | 3rd                    | 26 | 3.40 | 0.94| 1.40    | 3.10| 3.45   | 3.80| 6.10    |
|             | 4th                    | 25 | 3.08 | 0.79| 1.10    | 2.65| 3.00   | 3.65| 4.70    |
| Lactose (g/100 mL)| 1st                   | 25 | 5.54 | 0.27| 5.10    | 5.30| 5.50   | 5.70| 6.00    |
|              | 2nd                    | 26 | 5.56 | 0.33| 4.70    | 5.35| 5.60   | 5.80| 6.30    |
|              | 3rd                    | 26 | 6.01 | 1.38| 5.40    | 5.60| 5.65   | 5.90| 12.50   |
|              | 4th                    | 25 | 5.58 | 0.69| 2.40    | 5.50| 5.70   | 5.80| 6.10    |
| Variable       | Period of lactation (weeks) | 1st | 2nd | 3rd | 4th |
|----------------|----------------------------|-----|-----|-----|-----|
| Sodium (mmol/100mL) |                           | 20  | 19  | 22  | 20  |
| Energy (kcal/100mL)    |                           | 24  | 17  | 34  | 18  |

Table S3. Nutrient contents of human milk according to period of lactation.

| Variable       | Period of lactation (weeks) | n   | Mean  | SD   | Minimum | Q1   | Median | Q3   | Maximum |
|----------------|----------------------------|-----|-------|------|---------|------|--------|------|---------|
| Protein (g/100mL) |                           | 23  | 1.51  | 0.27 | 0.80    | 1.40 | 1.50   | 1.70 | 2.00    |
|                 | 2nd                        | 26  | 1.37  | 0.23 | 1.00    | 1.20 | 1.30   | 1.50 | 1.90    |
|                 | 3rd                        | 18  | 1.11  | 0.27 | 0.40    | 0.98 | 1.10   | 1.25 | 1.50    |
|                 | ≥4th                       | 34  | 0.95  | 0.27 | 0.40    | 0.80 | 0.95   | 1.10 | 1.80    |
|                 | 1st                        | 23  | 3.09  | 0.74 | 1.20    | 2.70 | 3.10   | 3.60 | 4.70    |
| Fat (g/100mL)    | 2nd                        | 26  | 2.97  | 0.79 | 1.10    | 2.55 | 3.05   | 3.55 | 4.00    |
|                 | 3rd                        | 18  | 3.10  | 0.88 | 1.40    | 2.70 | 3.10   | 3.50 | 6.10    |
|                 | ≥4th                       | 35  | 5.51  | 0.29 | 4.70    | 5.40 | 5.60   | 5.60 | 6.10    |
| Lactose (g/100mL) | 2nd                        | 26  | 5.74  | 0.47 | 5.00    | 5.40 | 5.75   | 5.90 | 7.50    |
|                 | 3rd                        | 18  | 5.44  | 0.79 | 2.40    | 5.38 | 5.70   | 5.70 | 6.00    |
|                 | ≥4th                       | 35  | 5.85  | 1.17 | 5.20    | 5.60 | 5.70   | 5.80 | 12.50   |
|                 | 1st                        | 23  | 57.6  | 8.0  | 40.0    | 51.0 | 57.0   | 62.0 | 73.0    |
| Energy (kcal/100mL) | 2nd                        | 26  | 60.0  | 8.5  | 47.0    | 53.0 | 59.5   | 64.3 | 84.0    |
|                 | 3rd                        | 18  | 53.9  | 10.1 | 22.0    | 51.3 | 56.0   | 60.3 | 65.0    |
|                 | ≥4th                       | 35  | 56.2  | 14.0 | 38.0    | 50.0 | 54.0   | 60.0 | 125.0   |
| Sodium (mmol/100mL) | 2nd                        | 22  | 20.1  | 9.4  | 9.9     | 13.0 | 16.9   | 24.5 | 46.0    |
|                 | 3rd                        | 17  | 19.2  | 9.8  | 7.1     | 11.9 | 15.6   | 27.5 | 36.7    |
|                 | ≥4th                       | 24  | 18.2  | 10.2 | 6.7     | 8.9  | 17.9   | 25.1 | 42.5    |