

The Impact of Thaw Stage on Fat Retention

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Environmental Scan



Mothers' Milk Bank
— OF NORTH TEXAS —



Mothers' Milk Bank



mothers' milk bank

**Mother's
Milk Bank**
of SOUTH CAROLINA

northwest
MOTHERS
MILK BANK

HUMAN
MILK  **BANKING**
ASSOCIATION OF NORTH AMERICA



OhioHealth
Mothers' Milk Bank



Mothers' Milk Bank
of the Western Great Lakes

MOTHERS'
MILK  **BANK**
OF FLORIDA

Terminology

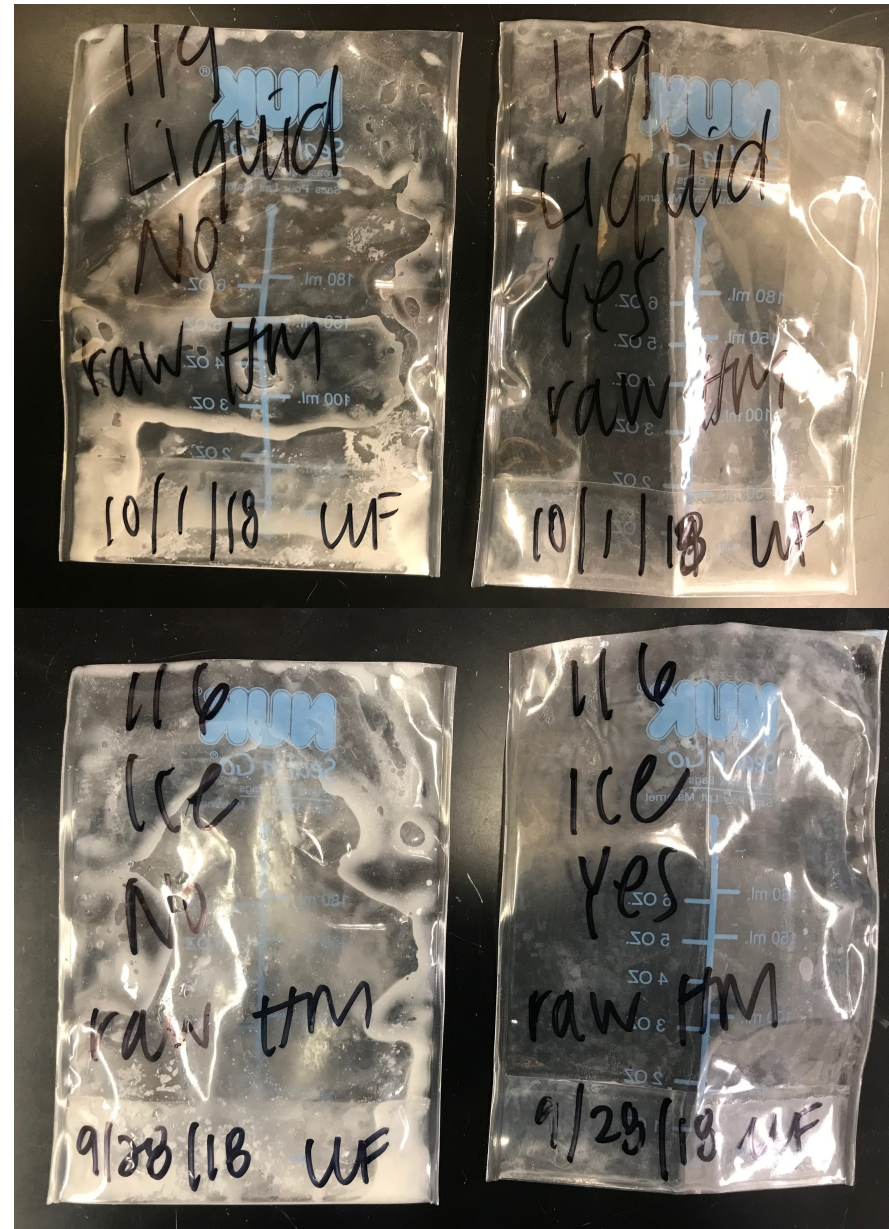
- Thawing
- Decanting
- Bag Milking



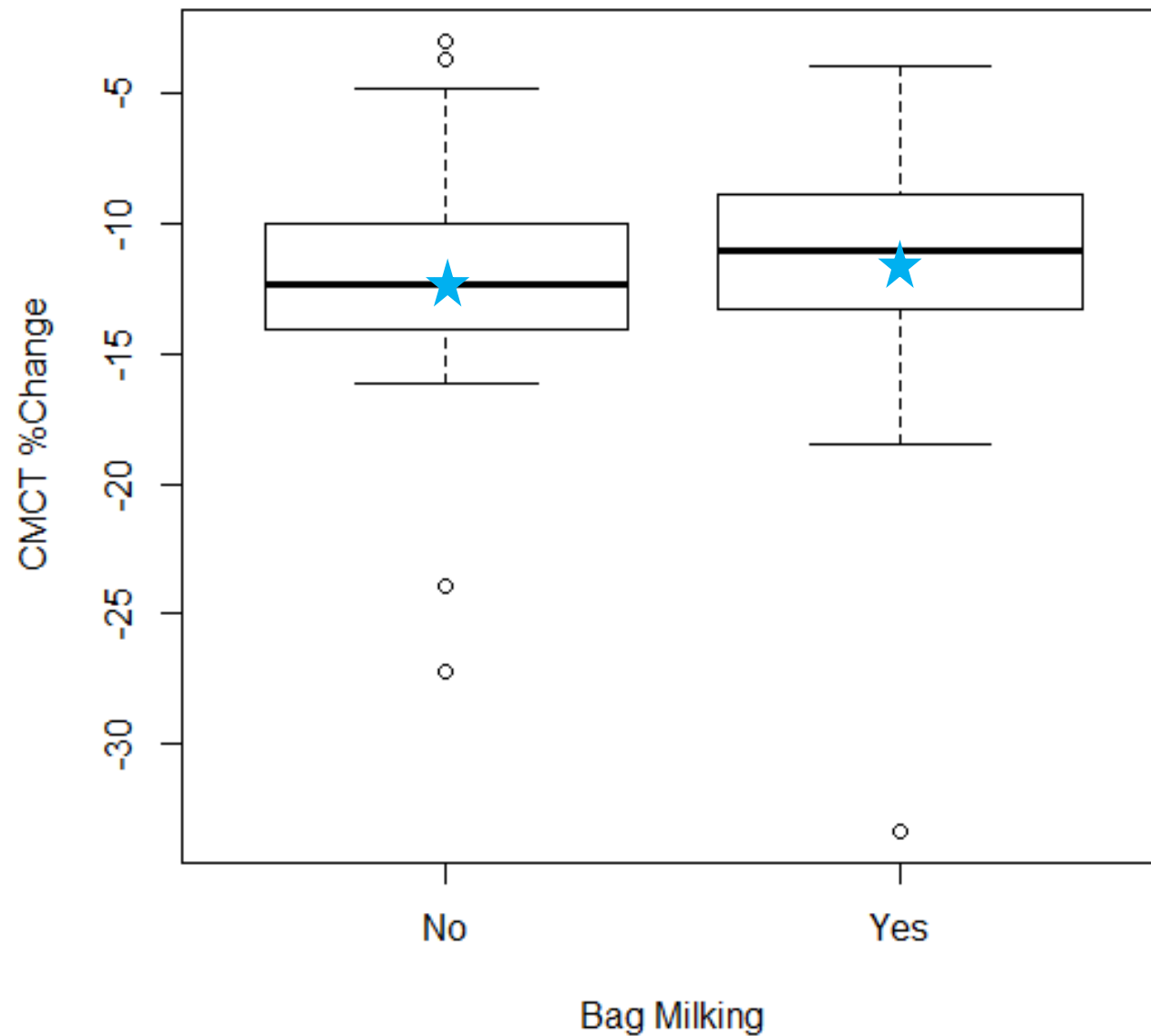
Research Methods

- Fresh HM
- Baseline fat
- Assigned to one Thaw Stage
 - Liquid
 - Ice
- Divided between Bag Milking
 - Yes
 - No
- Frozen 55-65 days
- Thawed & Decanted
- Fat (blinded)

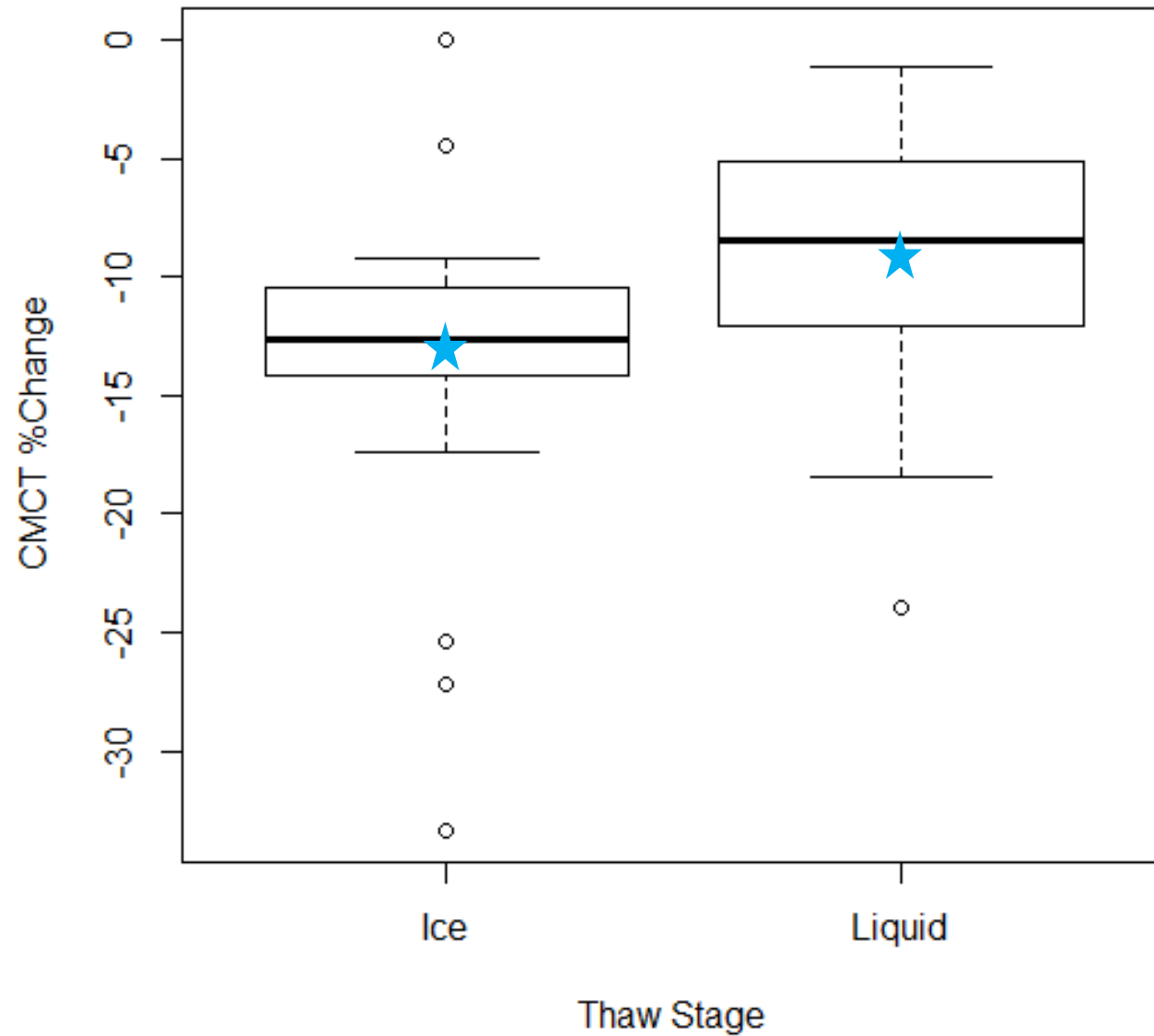
Preliminary Results



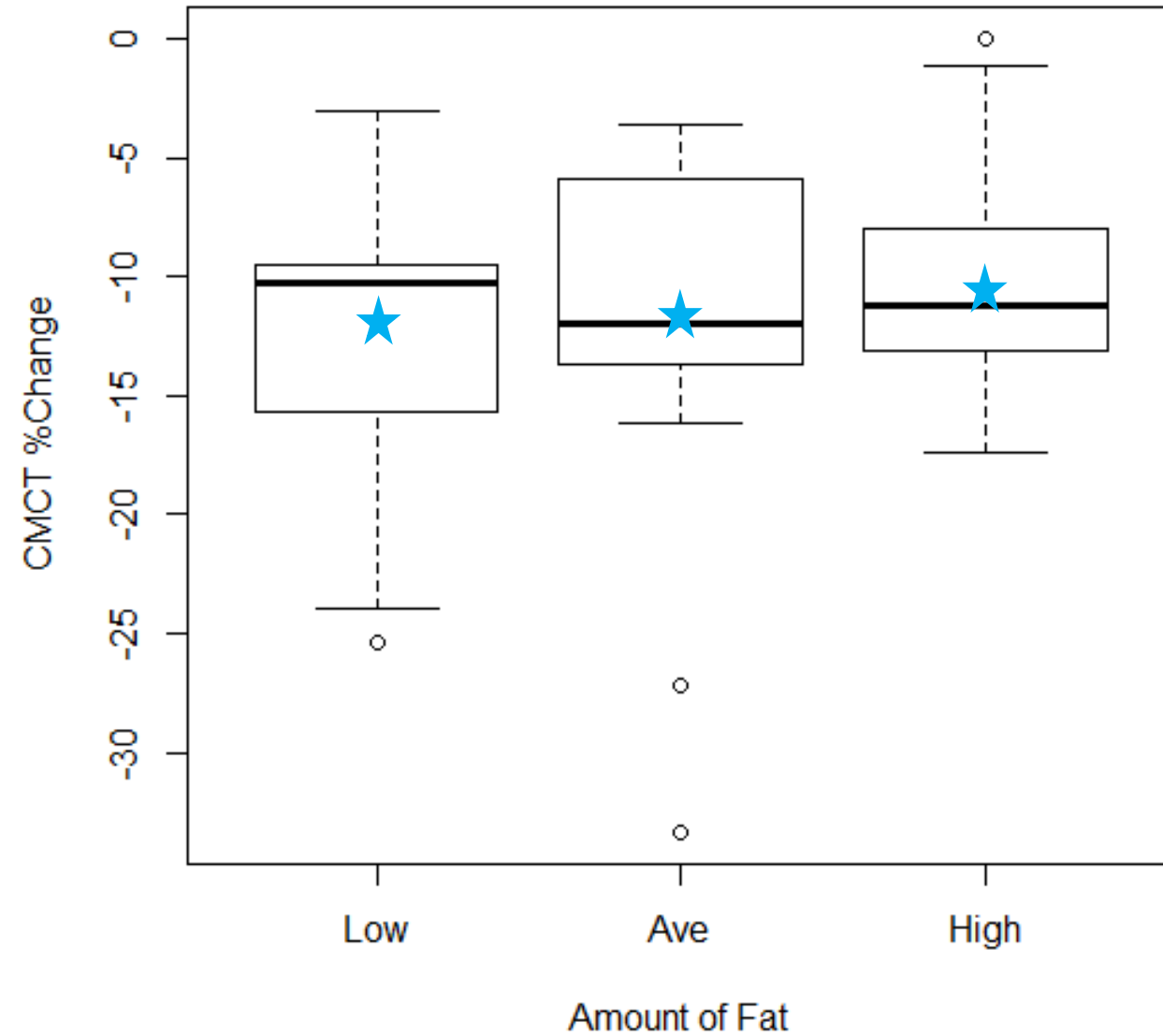
Preliminary Results - Bag Milking



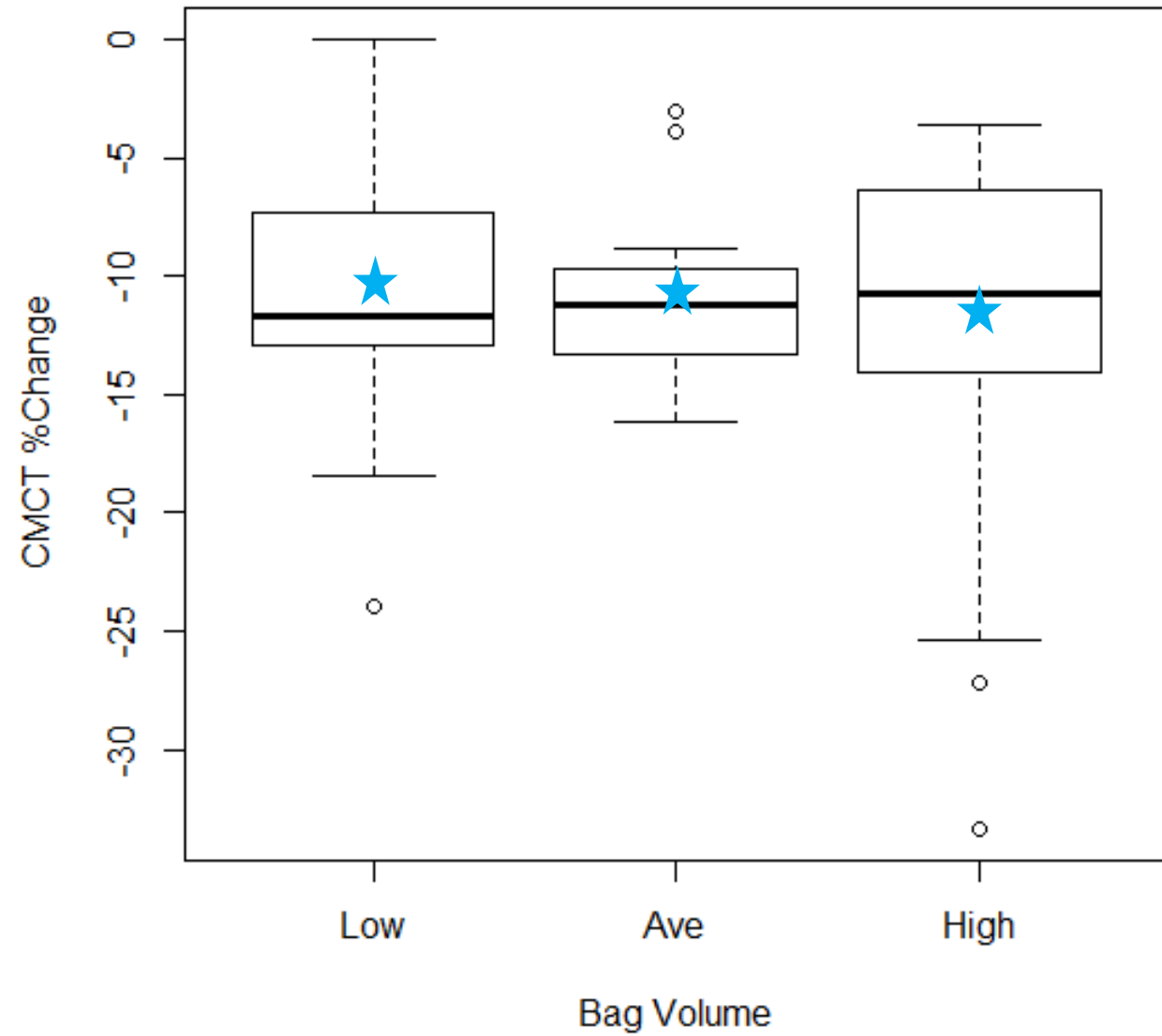
Preliminary Results - Thaw Stage



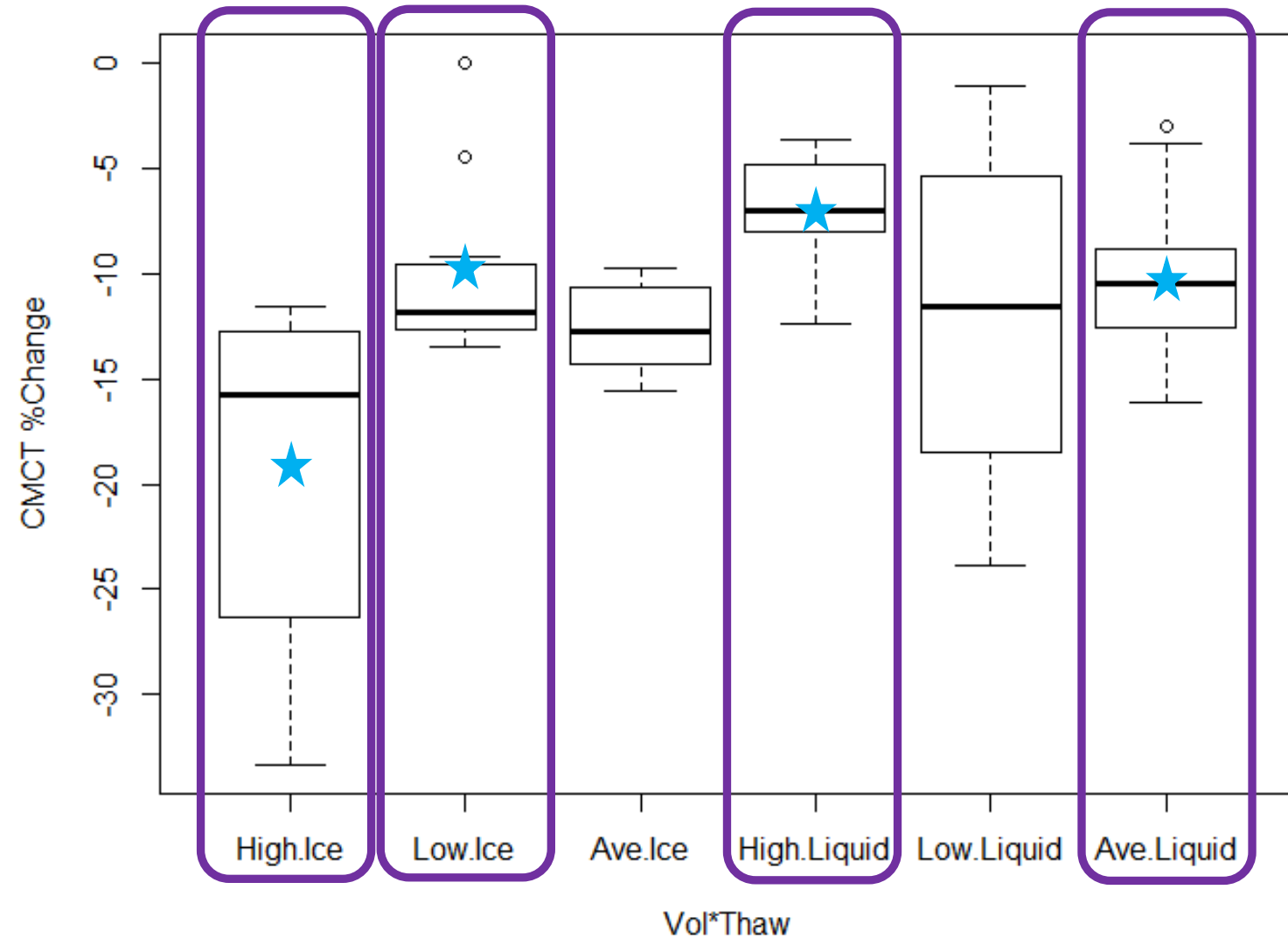
Preliminary Results - Fat



Preliminary Results - Volume



Preliminary Results - Interaction of Thaw Stage & Volume



Preliminary Conclusions

- Greatest fat loss = high volume, ice
- Least fat loss = high volume, liquid
- **Take home message:** Thawing to a more liquid state may help decrease fat loss at this step
 - More research needed on Bag Milking

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