**Table 1.** Differences in crude protein concentration (g/100 mL) for each lactation period.

| | 0-2 months | | | 2-4 months | | | 4-8 months | | | 8-12 months | | | 12-18 months | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Diff. | 95% CI | *p* | Diff. | 95% CI | *p* | Diff. | 95% CI | *p* | Diff. | 95% CI | *p* | Diff. | 95% CI | *p* |
| 2-4 months | -0·12 | -0·18--0·06 | **<0·001** | .. | .. | .. | .. | .. | .. | .. | .. | .. | .. | .. | .. |
| 4-8 months | -0·17 | -0·23--0·11 | **<0·001** | -0·05 | -0·08--0·02 | **0·001** | .. | .. | .. | .. | .. | .. | .. | .. | .. |
| 8-12 months | -0·19 | -0·26--0·13 | **<0·001** | -0·07 | -0·11--0·04 | **<0·001** | -0·02 | -0·05-0·00 | 0·072 | .. | .. | .. | .. | .. | .. |
| 12-18 months | -0·19 | -0·26--0·13 | **<0·001** | -0·07 | -0·11--0·03 | **0·001** | -0·02 | -0·05-0·01 | 0·237 | 0·00 | -0·03-0·04 | 0·917 | .. | .. | .. |
| >18 months | 0·02 | -0·05-0·09 | 0·614 | 0·14 | 0·09-0·19 | **<0·001** | 0·19 | 0·15-0·23 | **<0·001** | 0·21 | 0·06-0·26 | **<0·001** | 0·16 | 0·05-0·27 | **<0·001** |

Values are differences between lactation periods compared by linear mixed models analysis adjusted for gestational age and maternal BMI. Each time period was tested against the preceding periods. Bold font indicates statistical significance (P <0·05).

**Table 2.** Differences in carbohydrate concentration (g/100 mL) for each lactation period.

| | 0-2 months | | | 2-4 months | | | 4-8 months | | | 8-12 months | | | 12-18 months | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Diff. | 95% CI | *p* | Diff. | 95% CI | *p* | Diff. | 95% CI | *p* | Diff. | 95% CI | *p* | Diff. | 95% CI | *p* |
| 2-4 months | -0·04 | -0·27-0·20 | 0·754 | .. | .. | .. | .. | .. | .. | .. | .. | .. | .. | .. | .. |
| 4-8 months | 0·07 | -0·16-0·29 | 0·569 | 0·10 | -0·01-0·22 | 0·084 | .. | .. | .. | .. | .. | .. | .. | .. | .. |
| 8-12 months | 0·01 | -0·22-0·25 | 0·913 | 0·05 | -0·08-0·18 | 0·468 | -0·05 | -0·15-0·02 | 0·273 | .. | .. | .. | .. | .. | .. |
| 12-18 months | -0·04 | -0·30-0·21 | 0·738 | -0·01 | -0·17-0·16 | 0·940 | -0·11 | -0·24-0·02 | 0·101 | -0·06 | -0·19-0·08 | 0·415 | .. | .. | .. |
| >18 months | -0·10 | -0·37-0·17 | 0·487 | -0·06 | -0·25-0·13 | 0·541 | -0·16 | -0·32-0·01 | 0·060 | -0·11 | -0·27-0·05 | 0·191 | -0·05 | -0·22-0·11 | 0·527 |

Values are differences between lactation periods compared by linear mixed models analysis adjusted for gestational age and maternal BMI. Each time period was tested against the preceding periods. Bold font indicates statistical significance (P <0·05).

**Table 3.** Differences in fat concentration (g/100 mL) for each lactation period.

| | 0-2 months | | | 2-4 months | | | 4-8 months | | | 8-12 months | | | 12-18 months | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Diff. | 95% CI | *p* | Diff. | 95% CI | *p* | Diff. | 95% CI | *p* | Diff. | 95% CI | *p* | Diff. | 95% CI | *p* |
| 2-4 months | 0·02 | -0·24-0·29 | 0·863 | .. | .. | .. | .. | .. | .. | .. | .. | .. | .. | .. | .. |
| 4-8 months | 0·06 | -0·21-0·32 | 0·674 | 0·03 | -0·10-0·17 | 0·612 | .. | .. | .. | .. | .. | .. | .. | .. | .. |
| 8-12 months | 0·35 | 0·08-0·62 | **0·012** | 0·32 | 0·17-0·48 | **<0·001** | 0·29 | 0·18-0·40 | **<0·001** | .. | .. | .. | .. | .. | .. |
| 12-18 months | 1·06 | 0·77-1·35 | **<0·001** | 1·04 | 0·85-1·23 | **<0·.001** | 1·01 | 0·86-1·15 | **<0·001** | 0·72 | 0·56-0·87 | **<0·001** | .. | .. | .. |
| >18 months | 1·90 | 1·59-2·21 | **<0·001** | 1·88 | 1·66-2·09 | **<0·001** | 1·84 | 1·66-2·02 | **<0·001** | 1·56 | 1·37-1·74 | **<0·001** | 0·85 | 0·67-1·04 | **<0·001** |

Values are differences between lactation periods compared by linear mixed models analysis adjusted for gestational age and maternal BMI. Each time period was tested against the preceding periods. Bold font indicates statistical significance (P <0·05).

**Table 4.** Differences in energy content (kcal/100 mL) for each lactation period.

| | 0-2 months | | | 2-4 months | | | 4-8 months | | | 8-12 months | | | 12-18 months | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Diff. | 95% CI | *p* | Diff. | 95% CI | *p* | Diff. | 95% CI | *p* | Diff. | 95% CI | *p* | Diff. | 95% CI | *p* |
| 2-4 months | -0·20 | -3·05-2·65 | 0·891 | .. | .. | .. | .. | .. | .. | .. | .. | .. | .. | .. | .. |
| 4-8 months | -0·27 | -3·06-2·52 | 0·849 | -0·05 | -1·47-1·37 | 0·943 | .. | .. | .. | .. | .. | .. | .. | .. | .. |
| 8-12 months | 0·21 | -0·69-5·10 | 0·136 | 2·42 | 0·77-4·08 | **0·004** | 2·48 | 1·33-3·63 | **<0·001** | .. | .. | .. | .. | .. | .. |
| 12-18 months | 8·61 | 5·48-11·7 | **<0·001** | 8·82 | 6·80-10·9 | **<0·001** | 8·88 | 7·29-10·5 | **<0·001** | 6·43 | 4·78-8·08 | **<0·001** | .. | .. | .. |
| >18 months | 17·0 | 13·7-20·3 | **<0·001** | 17·2 | 14·9-19·5 | **<0·001** | 17·3 | 15·3-19·2 | **<0·001** | 14·8 | 12·8-16·8 | **<0·001** | 8·53 | 6·53-10·5 | **<0·001** |

Values are differences between lactation periods compared by linear mixed models analysis adjusted for gestational age and maternal BMI. Each time period was tested against the preceding periods. Bold font indicates statistical significance (P <0·05).