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## Breast milk protein content at week 3 after birth and neurodevelopmental outcome in preterm infants fed fortified breast milk --Manuscript Draft--

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<b>Funding Information:</b>	<table border="1"> <tr> <td>Conseil Régional des Pays de la Loire ((2011-12))</td> <td>Dr Jean-Christophe ROZE</td> </tr> <tr> <td>Fonds Européen de Développement Economique et Régiona (Grant 38395, Project 6226, 2013–2015)</td> <td>Mr. Clair-Yves BOQUIEN</td> </tr> </table>	Conseil Régional des Pays de la Loire ((2011-12))	Dr Jean-Christophe ROZE	Fonds Européen de Développement Economique et Régiona (Grant 38395, Project 6226, 2013–2015)	Mr. Clair-Yves BOQUIEN
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Fonds Européen de Développement Economique et Régiona (Grant 38395, Project 6226, 2013–2015)	Mr. Clair-Yves BOQUIEN				
<b>Abstract:</b>	<p><b>Background:</b> Feeding supplemented mother milk during hospital stay improves neurodevelopment in preterm infants. Yet the composition of mother milk varies widely between subjects. The relationship between this variation and outcome is unknown.</p> <p><b>Objective:</b> To determine whether the protein content in native breast milk (BM) correlates with 2-year infant outcome.</p> <p><b>Design:</b> In a monocentric prospective observational study, LACTACOL, preterm infants born between 28 and 34 weeks of gestation, whose mothers decided to exclusively breastfeed, were enrolled during the first week of life. Samples of expressed breast milk obtained at several times of the day were pooled over a 24-hour period, and such pool was used for macronutrient analysis, using mid-infrared</p>				

	<p>analyzer. Age and Stages questionnaire (ASQ) was used to assess 2-year neurodevelopmental outcome. We analyzed the relationship between protein content in BM, and (i) infant neurodevelopment at 2-year (primary outcome), and (ii) growth until 2-year (secondary outcome).</p> <p>Results: 138 infants were enrolled. The main analysis concerned 130 infants (including 40 twin infants) and 110 mothers with BM samples collected at week 3 after birth. Native BM samples were ranked in 3 tertiles of protein content (g/100ml): 0.91±0.09 (lower), 1.14±0.05 (middle) and 1.40±0.15 (upper); 48, 47 and 35 infants were ranked respectively in these 3 tertiles. Infants in the upper tertile were more often singleton ( P = 0.012) and were born with lower birth weight and head circumference Z-scores ( P = 0.005 and 0.002; respectively). Differences in weight and head circumference were no longer observed at 2-year. ASQ score at age 2 did not differ the 3 tertiles ( P = 0.780). Sensitivity analyses with imputations, including all 138 infants, confirmed the main analysis as well as analyses based on fortified BM as exposure.</p> <p>Conclusions: Protein content of BM (native or fortified) is not associated with preterm infant neurodevelopment at 2-year . Higher protein content was associated with a lower birth weight.</p>
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# Breast milk protein content at week 3 after birth and neurodevelopmental outcome in preterm infants fed fortified breast milk

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**Key-words:** Preterm - infant - neurodevelopment - growth - breast milk - human milk  
- head circumference - protein

**Abbreviations:**

ASQ, Ages and Stages Questionnaire

BM, Breast milk

HP, high protein

LP, low protein

MP, medium protein

## Declarations

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### **Conflicts of interest/Competing interests:**

The authors declare that they have no conflict of interest.

### **Ethics approval**

This research study was approved on 2011 July 19<sup>th</sup> by the French Committee for the Protection of People Participating in Biomedical Research (CPP - Ouest I - Tours, France).

**Consent to participate**

All the parents signed consent form at enrolment.

**Consent for publication (include appropriate statements)**

The manuscript has been read and approved by all authors who have no conflict of interest to disclose.

**Availability of data and material**

The de-identified form data used in the manuscript will be available to editors upon request either before or after publication for checking.

**Code availability (not applicable)****Authors' contributions**

BOQUIEN, DARMAUN and ROZE designed research; LEGRAND, BILLARD, JORAM, SIMON, and ALEXANDRE-GOUABAU conducted research; BILLARD provided the database; MOYON and ROZE analyzed data; BOQUIEN and ROZE wrote paper; BOQUIEN had primary responsibility for final content. All authors read and approved the final manuscript.

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# ABSTRACT

1 **Background:** Feeding supplemented mother milk during hospital stay improves  
2 neurodevelopment in preterm infants. Yet the composition of mother milk varies  
3 widely between subjects. The relationship between this variation and outcome is  
4 unknown.

5 **Objective:** To determine whether the protein content in native breast milk (BM)  
6 correlates with 2-year infant outcome.

7 **Design:** In a monocentric prospective observational study, LACTACOL, preterm  
8 infants born between 28 and 34 weeks of gestation, whose mothers decided to  
9 exclusively breastfeed, were enrolled during the first week of life. Samples of  
10 expressed breast milk obtained at several times of the day were pooled over a 24-  
11 hour period, and such pool was used for macronutrient analysis, using mid-infrared  
12 analyzer. Age and Stages questionnaire (ASQ) was used to assess 2-year  
13 neurodevelopmental outcome. We analyzed the relationship between protein content  
14 in BM, and (i) infant neurodevelopment at 2-year (primary outcome), and (ii) growth  
15 until 2-year (secondary outcome).

16 **Results:** 138 infants were enrolled. The main analysis concerned 130 infants  
17 (including 40 twin infants) and 110 mothers with BM samples collected at week 3  
18 after birth. Native BM samples were ranked in 3 tertiles of protein content (g/100ml):  
19  $0.91 \pm 0.09$  (lower),  $1.14 \pm 0.05$  (middle) and  $1.40 \pm 0.15$  (upper); 48, 47 and 35 infants  
20 were ranked respectively in these 3 tertiles. Infants in the upper tertile were more  
21 often singleton ( $P = 0.012$ ) and were born with lower birth weight and head  
22 circumference Z-scores ( $P = 0.005$  and  $0.002$ ; respectively). Differences in weight  
23 and head circumference were no longer observed at 2-year. ASQ score at age 2 did  
24 not differ the 3 tertiles ( $P = 0.780$ ). Sensitivity analyses with imputations, including all

25 138 infants, confirmed the main analysis as well as analyses based on fortified BM  
26 as exposure.

27 **Conclusions:** Protein content of BM (native or fortified) is not associated with  
28 preterm infant neurodevelopment at 2-year. Higher protein content was associated  
29 with a lower birth weight.



## 30 INTRODUCTION

31 Preterm infants are a vulnerable population with a higher risk of neonatal mortality  
32 and impaired neurodevelopment [1]. The health benefits of breast milk (BM) for  
33 premature infants are well accepted [2]. Breastfed preterm infants are better  
34 protected from necrotizing enterocolitis [3], an often-fatal disease, and present  
35 improved tolerance to enteral feeding [4-6].

36 Breast milk composition varies with many parameters including gestational age at  
37 delivery, gestational diabetes, maternal obesity, stage of lactation, or mother's diet  
38 [7-9]. Multiple factors besides variation in breast milk composition, such as sepsis,  
39 lung immaturity, etc., obviously determine inter-subject variations in infant growth and  
40 neurodevelopment. Although still debated [3], there is overall general consensus  
41 regarding the benefit of BM for preterm infants on neurodevelopment. This is based  
42 on at least 3 observational studies comparing (i) 1035 extremely preterm infants  
43 receiving breastmilk vs. no breastmilk during hospitalization in an American  
44 multicenter study [10]; (ii) 180 extremely preterm infants receiving more than 50%  
45 enteral intake as breastmilk vs. less than 50% during the 28 first days after birth in a  
46 monocentric Australian cohort [11]; (iii) 2163 very preterm infants who were breastfed  
47 vs. not breastfed at discharge in a French nationwide population-based cohort [12].

48 An association between growth velocity and optimal infant neurodevelopment has  
49 long been demonstrated [13]. The association is, however, unclear for exclusively  
50 breastfed preterm infants. Due to their tremendous growth rate, preterm infants have  
51 higher protein requirements than term infants. Yet, despite standardized protein milk  
52 fortification [14], suboptimal growth during hospital stay is common among preterm  
53 infants receiving human milk, contrasting with improved neurodevelopment at 2 or 5

54 years. Such lack of apparent relationship between early growth velocity and long-  
55 term neurodevelopment was termed “*breastfeeding paradox*” [12].

56 The crucial question how best to manage human milk fortification remains debated  
57 among neonatologists, who must choose between: (i) standardized fortification, done  
58 regardless of milk composition, and commonly used in our hospital; (ii) targeted  
59 fortification, based on a human milk analysis prior to fortification so that each infant  
60 always receives the recommended amount of nutrients; or (iii) adjustable fortification,  
61 implying a monitoring of infant blood urea nitrogen assay as a surrogate for  
62 assessing infant’s metabolic response and protein intake adequacy [15].

63 We hypothesized that preterm infant growth trajectory and neurodevelopment could  
64 be linked to native BM composition in macronutrients, particularly protein content. To  
65 test our working hypothesis, we set up an observational monocentric cohort of  
66 breastfed preterm infants. The aim of this study was to associate protein content of  
67 mother’s own milk and (i) the 2-year neurodevelopment as the primary outcome, and  
68 (ii) growth trajectory (from 0 to 2 years) as the secondary outcome.

## 69 SUBJECTS AND METHODS

### 70 Cohort design

71 The LACTACOL cohort (registered as [NCT01493063](https://www.clinicaltrials.gov/ct2/show/study/NCT01493063) on www.clinicaltrials.gov) is a  
72 single center prospective observational cohort supervised by Nantes University  
73 Hospital (Nantes, France). Inclusion criteria were: maternal decision of exclusively  
74 breastfeeding; infant born between 28 and 34 weeks of amenorrhea; no major  
75 congenital pathology. Clinical characteristics of infants and their mothers were  
76 recorded during hospital stay. Pre-gravid Body Mass Index (BMI) was calculated based

77 on declared maternal weight before gestation. Maternal education level was classified  
78 as low (below high school graduation), medium (2 years post high school graduation)  
79 or high (beyond 2 years of post-high school graduation).

## 80 **Human milk collection and macronutrients analysis**

81 Human milk sampling procedure has been previously described in detail by  
82 Alexandre-Gouabau *et al* [16,17]. Each mother expressed breast milk manually at  
83 home using a Medela manual breast pump (Medela Inc., Etampes, France) and  
84 brought back bottles of human milk to the Nantes University hospital where her infant  
85 was hospitalized. We tested several procedures to obtain a sample representative  
86 both of a 24-h mature milk expression and of the milk actually given to the infant.  
87 Several days per week, mothers brought 2 to 4 bottles of breast milk stored at 4°C to  
88 the hospital. Nurses sampled 2 mL from each bottle. We compared two procedures  
89 of sampling: taking one sample of human milk per day (one sample corresponding to  
90 one bottle) several times per week vs. one weekly single pool obtained by mixing the  
91 2-4 daily samples (one 2 mL-sample per bottle, recording at what time each milk  
92 bottle had been expressed by the mother) for a better representation of a daily milk  
93 expression. The second procedure was chosen because the day to day variations  
94 were better smoothed. We therefore obtained once a week, a pool representative of  
95 a 24-h mature milk expression and of the milk administered to each preterm infant.  
96 The whole milk sample was heated for 10 minutes at 50°C in a hot water bath,  
97 homogenized with a disruptor (Polytron, Lucerne, Switzerland), aliquoted and kept  
98 frozen at -80°C at the human milk biobank (created and approved on 2010 June 24<sup>th</sup>  
99 by the Committee for the Protection of Persons Participating in Biomedical Research  
100 - CPP CB-2010-03) until analysis. After sample thawing at room temperature, human  
101 milk was sonicated using an ultrasonic vibrator (VCX500; Sonics Materials, Newton,

102 Connecticut, USA) and milk macronutrients concentration was measured using the  
103 MIRIS® analyzer (Miris AB®, Uppsala, Sweden) [18]. In order to standardize milk  
104 analysis, we made sure that: (a) calibration of the MIRIS® analyzer had been  
105 adjusted using reference methods [18] prior to each analysis; (b) an aliquot of the  
106 same Quality Control sample [18] was tested as a standard before each batch of  
107 analyses and used to assess the measures robustness; (c) all milk analyses (more  
108 than 500) were made by the same single assistant engineer. Protein content used in  
109 calculations is the true protein content given by the MIRIS analyzer.

## 110 **Infant nutrition**

111 Parenteral nutritional supply was recorded on the day of milk sampling  
112 (macronutrient intake in g/kg/day). Duration of parenteral nutrition was determined  
113 until central or peripheral perfusion withdrawal. For enteral supply, on the day of milk  
114 sampling, the nurse recorded on the Case Report Form: volume of each milk  
115 delivered per feeding session, nature of milk (mother's own milk, fresh or pasteurized  
116 at the local milk bank, or rarely donor BM when mother's own milk was not available  
117 at the beginning of hospitalization) and fortifiers used. The fortification was  
118 standardized (no human milk analysis prior to fortification) and followed the  
119 EPSGHAN recommendations [14]. Protein enrichment started at 2% as soon as the  
120 infant was fed with 50 ml/kg/day of BM. Depending on tolerance to enteral feeding,  
121 the protein fortifier was gradually increased in 6 days to a final level of 4%.  
122 Depending on their availability in our hospital, fortifiers used for protein were either  
123 Eoprotine® (Milupa, Domdidier, Switzerland) or FortiPré® (Guigoz, Marne-la-Vallée,  
124 France) for lipid, either Liprocil® (Nestlé clinical nutrition, Marne-la-Vallée, France) or  
125 Liquigen® (Nutricia, Saint-Ouen, France); and dextrin maltose for carbohydrate. On  
126 the day of milk sampling once a week, we calculated enteral intakes (expressed as

127 macronutrients intake in g/kg/day) representative of the corresponding week  
128 considering composition of mother milk, amount of fortifiers and volume of enteral  
129 feedings. Calculations were no longer performed when direct breastfeeding was  
130 initiated since the actual volume of breastmilk ingested was no longer known. Finally,  
131 the sum of enteral and parenteral intake was added to calculate total nutrient intake.

### 132 **Infant growth**

133 Infant weight, length and head circumference were monitored at weekly intervals  
134 from birth to discharge and then at one and 2 years. Z-score was calculated for  
135 weight, length and head circumference using LMS parameters derived from Olsen  
136 growth charts [19] (from birth to 40 weeks Corrected Gestational Age) and from WHO  
137 Child Growth Standards [20] thereafter. We also calculated the change in Z-score  
138 between birth and 2-years of corrected age to describe infant growth. The week  
139 before discharge, body composition was assessed using air-displacement  
140 plethysmography (PEA POD® Infant Body Composition System, COSMED, Rome,  
141 Italy) whenever PEA POD® was available. Data are expressed in absolute fat free  
142 mass (FFM) at discharge since in earlier work we found FFM to be better associated  
143 than fat mass percentage with classic clinical parameters reflecting perinatal growth  
144 [21].

### 145 **Infant neurodevelopment**

146 Infants were followed up until 2 years of age in the regional follow up network [22].  
147 Neurodevelopment assessors were blinded to the protein content of native BM.  
148 Neurodevelopmental outcome was determined at 2 years using the Ages and Stages  
149 Questionnaire (ASQ) [23] which is a parent-completed questionnaire that assesses  
150 development in five domains, namely, communication, gross motor, fine motor,

151 problem solving, and personal-social skills. The maximal overall ASQ score is 300, a  
152 score of <185 is considered as non-optimal and a score > 220 as optimal. Infants  
153 with severe abnormal neurodevelopment as severe cerebral palsy leading to an ASQ  
154 score abnormally low were excluded from the ASQ analysis.

### 155 **Study size**

156 The objectives were to assess the impact of the protein content in native BM on (i)  
157 neuro-development of the preterm infants at 2 years of age as a primary outcome  
158 measure; (ii) growth trajectory of the preterm infants (from 0 to 2 years) as a  
159 secondary objective. First, native BMs were ranked in 3 tertiles of protein content.  
160 Then infants were attributed to the tertile corresponding to their mother's own milk.  
161 Power calculations determined *a priori* that 42 infants per tertile (for a total of 126  
162 infants) would provide 80% power (given Type 1 error [ $\alpha$ ] of 5% and a 2-sided test) to  
163 detect a significant 25 points difference (*i.e.* 0.64 times the expected standard  
164 deviation) in the ASQ score between extreme tertiles. Considering potential failures  
165 in breastfeeding, missing data and losses to follow-up, the population to be  
166 approached was extended to 160 infants.

### 167 **Statistical tests**

168 First, we divided the population of mothers into 3 tertiles according to the protein  
169 content in native BM at week 3 after birth. We compared mother's and infant's  
170 characteristics between the 3 tertiles. Secondly, we compared ASQ scores (primary  
171 outcome), ASQ sub-scores and growth outcomes at discharge and 2-year  
172 (secondary outcomes), between the 3 tertiles of protein content in native BM.  
173 Estimated means were compared by ANOVA and percentages by chi-2. Thirdly, we  
174 used 2-levels hierarchized generalized linear model considering the exposure of twin

175 infants to the same mother's own milk when we assessed the relationship between  
176 protein content in native or fortified BM at week 3 as a continuous variable and  
177 outcomes (ASQ and growth outcomes at 2-year). The first level was represented by  
178 mothers, and the second one by infants. Gestational age, birth weight Z-score and  
179 sex were included in the model.

180 Finally, we performed sensitivity analysis using multiple imputations considering all the  
181 infants enrolled in our study including those for which data were lacking (either breast  
182 milk sample at week 3 or ASQ at 2-year). We generated 25 independent imputed  
183 datasets. Estimates were pooled according to Rubin's rule. All analyses were  
184 performed using SPSS software (V.25).

## 185 **Ethics**

186 This research study was approved on July 19<sup>th</sup> 2011 by the French Committee for the  
187 Protection of People Participating in Biomedical Research (CPP - Ouest I - Tours,  
188 France). All the parents signed consent form at enrolment.

## 189 **RESULTS**

### 190 **Flow chart of the LACTACOL cohort**

191 Among the 160 infants that could have been likely enrolled in LACTACOL cohort  
192 between October 2011 and April 2016 (**Figure 1**), 22 infants were excluded: (i) 5 due  
193 to infant's disease severity (2 with severe neurological disorders, 1 with a genetic  
194 syndrome, 2 deaths), for which milk sampling was discontinued in view of infant's  
195 condition, (ii) one for error regarding the gestational age inclusion criteria, and (iii) 16  
196 for lack of sampling (5 for discontinuation of breastfeeding or failure of breastfeeding,  
197 11 for inadequate milk sampling). Among these 138 infants, none suffered

198 necrotizing enterocolitis, 4 infants had retinopathy of prematurity of mild severity, 3  
199 presented intraventricular hemorrhage of grade 2, 8 displayed bronchopulmonary  
200 dysplasia at 28 days and 6 at 36 weeks' postmenstrual age. One hundred and  
201 eighteen mothers corresponded to these 138 infants (40 twin infants).

## 202 **Breast milk collection**

203 Due to the length of hospital stay, most milk was collected from week 2 to 6: less  
204 than 50% of 118 human milks were collected after week 6. Week 3 corresponded to  
205 the week where the majority of pools were collected and also the time period on  
206 which we already focused our preliminary studies on milk composition [16,17]. At  
207 week 3, only 8 milk samples were lacking, leading to a total of 110 milk samples  
208 available. This week 3 therefore was selected to address the association between  
209 protein content in native BM, infant nutrition, and infant growth and  
210 neurodevelopment outcome. The 110 milk samples at week 3 corresponded to 110  
211 mothers and 130 infants (including 40 twin infants).

## 212 **Clinical characteristics of the mother - infant dyads with known protein content** 213 **in native BM at week 3**

214 The 110 mothers were  $30.7 \pm 4.9$  (mean  $\pm$  SD) years old at delivery and had a pre-  
215 gestational BMI of  $23.3 \pm 4.8$  kg/m<sup>2</sup>. Gestational age at birth was  $31.3 \pm 1.7$  weeks. The  
216 130 infants, 59 female and 71 male, had a birth weight of  $1494 \pm 336$  g, a length of  
217  $39.9 \pm 2.9$  cm, and a head circumference of  $27.9 \pm 2.1$  cm. Corresponding Z-scores  
218 were  $-0.33 \pm 1.05$ ,  $-0.44 \pm 1.02$ , and  $-0.47 \pm 1.00$ , respectively.

## 219 **Native milk protein tertile**

220 All the milks were ranked in 3 tertiles according to the protein concentration at week  
221 3. The lower, middle and upper tertiles corresponded to the following protein content:



222 low protein (LP) (1 g/100 mL or less), medium protein (MP) (above 1 g/100 mL and  
223 below or equal to 1.2 g/100 mL) and high protein (HP) (strictly higher than 1.2 g/100  
224 mL). At week 3, the numbers of breast milks classified in LP, MP, and HP tertiles  
225 were 37, 41 and 32, respectively (Table 1). The numbers of breast milks were not  
226 equal between tertiles due to granularity of data.

227 We verified that the difference in protein content detected at week 3 was already  
228 observed at week 2 and persisted through weeks 4 to 6. **Figure 2** presents the time  
229 course of native milk protein content with lactation stage from week 2 to week 6.

230 There are 3 parallel trajectories according to the tertile of protein content: although  
231 protein content was divided in 3 tertiles based on week 3 samples, the separation  
232 between tertiles persisted with time: LP tertile corresponded to the lower curve, MP  
233 to the intermediate curve and HP to the higher curve (differences between the 3  
234 tertiles were significant:  $P < 0.001$  at week 2, 4, and 5, and  $P = 0.001$  at week 6). At  
235 week 6, mean protein content in native BM ( $\pm$ SD) was  $0.8 \pm 0.2$  g/100ml ( $n=16$ ),  
236  $0.9 \pm 0.1$  g/100ml ( $n=24$ ), and  $1.1 \pm 0.3$  g/100ml ( $n=20$ ) for LP, MP, and HP tertile,  
237 respectively.

### 238 **Clinical characteristics of mother and infants dyads in the 3 tertiles of protein** 239 **content in native BM**

240 Main analysis of clinical outcomes was thus done based on a population of 130  
241 infants including 40 twin infants (110 mothers). Infants were ranked in LP, MP, and  
242 HP tertiles according to the protein content of their mothers' own native milk at week  
243 3. The numbers of infants classified in LP, MP, and HP tertiles were 48, 47 and 35,  
244 respectively.

245 Mothers did not differ in age, pre-gestational Body Mass Index, birth term or  
246 education level between the 3 tertiles (Table 1). Parity was not significantly different  
247 ( $P = 0.111$ ). A higher percentage of twin infants was observed in LP tertile ( $P =$   
248  $0.012$ ). Remarkably, even though gestational age did not differ between tertiles of  
249 protein content in native BM, the LP tertile corresponded to infants with the highest  
250 values for birth weight while MP tertile corresponded to intermediate values and HP  
251 tertile to lowest values ( $P < 0.001$ ) (Table 1). Similarly, a gradual decrease was  
252 observed from LP to MP and then HP, regarding birth head circumference Z-score  
253 ( $P = 0.002$ ).

#### 254 **Infant nutrition depending on the 3 tertiles in protein content**

255 After fortification, the difference in protein content between the LP and HP tertiles  
256 was still  $0.5 \text{ g}/100\text{ml}$  (Table 2). The duration of parenteral nutrition differed  
257 significantly between the 3 tertiles ( $P = 0.011$ ), with a lower value for LP followed by  
258 MP and HP. We observed a gradual increase in total (parenteral and enteral) protein  
259 intake, from LP to HP tertile ( $P < 0.001$ ) (Table 1). Total energy intake and the total  
260 volume administered which was the sum of parenteral and enteral intake were similar  
261 between the 3 tertiles at week 2 3 (Table 1).

#### 262 **Growth trajectory and breastmilk protein exposure**

263 **At discharge**, weight and length Z-score significantly differed with a gradual increase  
264 from LP to HP ( $P = 0.006$  and  $0.001$ , respectively) (**Table 2**). In contrast, head  
265 circumference Z-scores were not different anymore ( $P = 0.983$ ). Similarly, fat free  
266 mass (g) did not differ between the 3 tertiles. The length of hospital stay differed  
267 significantly between the 3 tertiles ( $P = 0.004$ ), with a gradual increase from LP to MP  
268 and HP (Table 2).

269 **At 2-year**, no difference was observed between protein tertiles whatever the growth  
270 outcome (Table 2). When calculating the change in Z-score between birth and 2-year  
271 of age, no difference was observed for weight and length. In contrast, the delta head  
272 circumference Z-score increased from LP tertile to HP tertile ( $P = 0.037$ ) (Table 2).  
273 We then assessed the relationship between protein content as a continuous variable  
274 and outcomes. When delta Z-score for weight, length or head circumference between  
275 birth and 2-year was adjusted for gestational age, birth weight Z-score and sex, no  
276 association was found with protein content in human milk at week 3 before  
277 fortification (**Table 3**) or after fortification (**Table S1**).

### 278 **Infant neurodevelopment at 2 years**

279 ASQ was known for 115 infants. One patient had a severe cerebral palsy and was  
280 excluded from the analysis (Table 2). No significant difference in ASQ score was  
281 observed at 2 years between the 3 tertiles ( $P = 0.780$  - Table 2). Suboptimal neuro-  
282 development was observed in one infant in LP tertile (none in MP and HP).  
283 Considering the 5 areas in the parent-completed questionnaire, no significant  
284 difference was observed between the 3 tertiles except a trend towards a difference in  
285 problem-solving abilities ( $P = 0.056$  - Table 2).

286 When ASQ or the 5 domains of the parent-completed questionnaire were adjusted  
287 for gestational age, birth weight Z-score and sex, no association was found with  
288 protein content in human milk at week 3 before fortification (**Table 3**) or after  
289 fortification (**Table S1**).

### 290 **Additional analysis**

291 Two additional analyses were done. The first one consisted of performing analysis  
292 among the 90 infants from singleton pregnancy, among the 130 infants for which

293 protein content was known at week 3. The distribution was 26, 35, 29 infants in the  
294 LP, MP, and HP tertiles, respectively. Higher protein content in native BM was again  
295 associated with a lower birth weight: values of Z-score at birth were -0.08, 0.02, -0.95  
296 for birth weight ( $P=0.001$ ), -0.34, -0.12, -0.93 for length ( $P=0.006$ ) and -0.20, -0.22, -  
297 1.03 for head circumference ( $P=0.002$ ), for LP, MP, and HP tertiles, respectively. The  
298 second analysis consisted of a sensitivity analysis by performing multiple imputations  
299 enrolling all 138 infants, including the 8 infants who received a breast milk for which  
300 protein content was unknown at week 3 (Figure 1). Protein content at week 3 was  
301 imputed to 8 infants and ASQ score to 24 infants. These analyses confirmed the  
302 absence of a significant association between total ASQ score and protein content in  
303 native BM at week 3 ( $P=0.38$  before adjustment,  $P=0.41$  after adjustment for  
304 gestational age, birth weight Z-score and sex).

## 305 DISCUSSION

306 The primary aim of the current study was to determine whether the protein content in  
307 BM correlates with neurodevelopment and early growth in a cohort of preterm infants  
308 receiving their own mother's milk. The major findings of the current study are: 1) the  
309 lack of association of 2-year neurodevelopmental outcome with breastmilk protein  
310 content either before or after fortification; and 2) the higher protein content in native  
311 BM from mothers who delivered a baby with a lower birthweight, regardless of  
312 gestational age, sex and twin birth.

313 The inverse association between birthweight and protein content in native BM is  
314 intriguing. The percentage of twin infants, higher in the LP tertile (corresponding to  
315 the heaviest infants), cannot explain the inverse association between birthweight and  
316 protein content in native BM. Protein content has been negatively associated with

317 milk volume [24], which could be an effect of “milk dilution”. In term infants, milk  
318 intake is significantly higher in neonates born to multiparous mothers than in those  
319 born to primiparous mother [25] and this higher intake was suggested to compensate  
320 for lower milk protein content. In contrast, during most of the hospital stay, early milk  
321 intake in preterm infants is only determined by the volume of enteral fluid prescribed  
322 and such compensation does not happen. Alternatively, fetal growth rate *per se* may  
323 impact mammary gland development and early milk secretion. It is well-known that  
324 several placental hormones mediate maternal adaptation to pregnancy but also to  
325 lactation acting on mammary gland development and function [26]. Distinct hormone  
326 profiles have been described between large and small for gestational age fetuses  
327 [27]. Similarly, in term infants, fetal gender may “program” mammary gland  
328 development *in utero*, resulting in a higher energy content in breastmilk obtained  
329 from women delivering male infants than in those delivering female infants [28].

330 Two-year neurodevelopmental outcome was assessed by ASQ score. Our first  
331 objective was to detect a difference of at least 25 points (0.64 SD) of this score  
332 between extreme tertiles of protein concentration determined in native BM at the end  
333 of hospitalization, when breastfeeding is exclusive. We observed a difference of only  
334 2 points (*i.e.* 0.06 SD). We did not observe any significant impact of protein content in  
335 native or fortified BM on neurodevelopment. ASQ score is based on a parent  
336 questionnaire routinely used in our regional follow-up network [22] and validated by  
337 comparison with developmental quotient at 2 years [23]. Moreover, it has been used  
338 recently to evaluate neurodevelopmental outcome in a French nationwide cohort [29].

339 Growth parameters (weight, length, and head circumference) were similar between  
340 the 3 tertiles at two years of age whereas at birth the premature infants of the HP

341 tertile were smaller for head circumference. Thus, the growth rate of head  
342 circumference was significantly higher in the HP tertile; this relationship, however,  
343 was no longer significant after adjustment for neonatal characteristics. Similarly, we  
344 did not observe any difference in fat free mass at discharge between tertiles.  
345 However, the size of these tertiles should make us cautious in the interpretation of  
346 this result. Overall, in this prospective study using standardized fortification, we  
347 therefore did not observe any significant relationship between growth and protein  
348 content in native or fortified BM.

349 To classify human milks, we used breast milk sample at week 3. This choice is  
350 relevant because (i) this week corresponded to the highest number of milk samples  
351 in our cohort; (ii) the time course of protein content over lactation time is parallel for  
352 the 3 tertiles (Figure 2); and (iii) since protein content declines until the end of third  
353 week after birth and then remains nearly constant between 4 and 9 weeks [30], the  
354 widest discrepancies in protein content are observed before week 3. When  
355 comparing our data to the meta-analysis of Gidrewicz and Fenton [7], the decline in  
356 protein content in the LACTACOL cohort was faster over lactation time. The reason  
357 for such discrepancy is unclear. In the LACTACOL cohort, all samples were analyzed  
358 by a single assistant engineer to avoid inter-observer variation. Moreover, calibration  
359 of the mid-infrared analyzer had been adjusted for human milk with both low and high  
360 protein content [18]. Regarding infant nutrition, our values of protein and calories  
361 intakes received during week 3 were also similar for infants of the HP tertile in our  
362 cohort to those reported in previous studies [31,8].

363 Limitations of this study include the population sample, as the proportion of mothers  
364 with a higher education enrolled in our cohort (42%) was higher than the equivalent

365 proportion for not breastfeeding mothers in the comparable nationwide French cohort  
366 EPIPAGE of preterm infants (24.5%) [12]. This was inevitable since only mothers  
367 who decided to breastfeed their infants were eligible for recruitment, and intent to  
368 exclusively breastfeed has long been shown to be positively associated with the level  
369 of maternal education [32]. Another limitation of the study is its limited power,  
370 although the observed power of the study was able to detect a difference of 21 points  
371 in the ASQ score (i.e. a higher power than initially calculated *a priori* due to a lower-  
372 than-expected rate of follow-up loss despite the lower number of infants enrolled in  
373 the study). A third limitation of the study is the reliance on ASQ at 2 years to assess  
374 neurodevelopmental outcome. Although the 2-year ASQ score is a significant  
375 predictor for 5-year school difficulties [33], it may be not precise enough to detect  
376 subtle differences in neurodevelopment. Poor postnatal head growth in preterm  
377 infants becomes more evident by 2 years and is strongly associated with poor  
378 neurodevelopmental outcome [34]. No significant difference in neuro-development  
379 scores was observed between the 3 tertiles. All the LACTACOL infants will be  
380 followed up until 6 years of age by our regional network LIFT of preterm infants [22]  
381 and this should facilitate the detection of subtle differences in neurological  
382 development in a cohort of children with a normal outcome at 2 years.

383 The current study focused on long term neurodevelopment as a primary outcome  
384 showed that protein content in native BM was higher in infants with a lower  
385 birthweight, who have the higher nutrient requirement. One could therefore argue  
386 that protein fortification of breastmilk may not need to be individualized. However, a  
387 better quantitative and qualitative growth during hospitalization was observed after  
388 individualized fortification in a double-blind randomized study [35]. This was not the  
389 case in an earlier study [36]. Neither of these assessed the effect on

390 neurodevelopment, as follow up was not extended beyond the end of neonatal  
391 hospitalization. Thus, multi-centric, randomized controlled trials with a long-term  
392 infant follow-up would clearly be warranted to conclude whether standard or  
393 individualized fortification of human milk is preferable.



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**TABLE 1** - Clinical characteristics of mothers and infants at birth, according to the 3 native BM protein tertiles <sup>a</sup>

	Native Breastmilk Protein tertile			<i>P</i> <sup>b</sup>
	Low Protein	Medium Protein	High Protein	
<b>Native Breast Milks</b>	<i>n</i> =37	<i>n</i> =41	<i>n</i> =32	
Protein content at week 3 (g/100mL)	0.91±0.09	1.14±0.05	1.40±0.15	<b>&lt;0.001</b>
<b>Mothers</b>	<i>n</i> =37	<i>n</i> =41	<i>n</i> =32	
Age	30.2 ± 4.3	30.2 ± 4.4	31.8 ± 6.0	0.166
BMI before pregnancy	23.1 ± 4.7	23.2 ± 4.0	23.6 ± 5.9	0.669
Gestational age (week)	31.6 ± 1.6	31.1 ± 1.9	31.1 ± 1.4	0.255
Primiparous [ <i>n</i> (%)]	11 (30)	21 (51)	16 (50)	0.111
Education level [ <i>n</i> (%)] <sup>c</sup>				0.473
Low Education level	9 (24)	11 (27)	4 (13)	
Medium Education level	12 (32)	17 (41)	15 (47)	
High Education level	16 (43)	13 (32)	13 (41)	
<b>Infants</b>	<i>n</i> =48	<i>n</i> =47	<i>n</i> =35	
Female [ <i>n</i> (%)]	24 (50)	20 (43)	15 (43)	0.721
Twin infants	22 (45.8)	12 (25.5)	6 (17.1)	<b>0.012</b>
Birth weight (g)	1606 ± 297	1511 ± 371	1317 ± 263	<b>&lt;0.001</b>
Birth length (cm)	40.6 ± 2.5	40.2 ± 3.2	38.6 ± 2.6	<b>0.003</b>
Birth head circumference	28.5 ± 1.8	28.0 ± 2.4	27.0 ± 1.6	<b>0.001</b>
Birth weight Z-score	-0.11 ± 0.89	-0.22 ± 1.06	-0.78 ± 1.12	<b>0.005</b>
Birth length Z-score	-0.33 ± 0.85	-0.29 ± 1.09	-0.78 ± 1.07	0.065
Birth head circumference Z-score	-0.25 ± 0.78	-0.34 ± 1.16	-0.94 ± 0.89	<b>0.002</b>

<sup>a</sup> Mean ± SD [*n*] (all such values)

<sup>b</sup> *P* calculated by ANOVA test for means and by chi-2 for percentages

<sup>c</sup> Low (below high school graduation), medium (2 years post high school graduation) or high (beyond 2 years of post-high school graduation);

**TABLE 2** - Infant nutrition at week 3, growth outcomes at discharge and 2-year, and ASQ at 2-year of corrected age, analyzed by tertile of protein content in native BM at week 3 <sup>a</sup>

	Native BM Protein tertile			<i>P</i> <sup>b</sup>
	Low Protein	Medium Protein	High Protein	
Number of infants	n=48	n=47	n=35	
Estimated protein content at week 3 in fortified BM (g/100mL)	1.46 (0.34)	1.53 (0.34)	1.91 (0.38)	<b>&lt;0.001</b>
Parenteral nutrition duration (days)	6.5±5.4	7.9±7.7	12.7±10.9	<b>0.011</b>
<b>Infant nutrition at week 3</b> <sup>c</sup>	<i>n</i> =32	<i>n</i> =27	<i>n</i> =28	
Fluid volume ml/kg/day	154 ± 21.6	149 ± 21	150 ± 19	0.382
Total protein g/kg/day	2.4 ± 0.5	2.7 ± 0.5	2.9 ± 0.6	<b>&lt;0.001</b>
Total energy kcal/kg/day	128 ± 21	124 ± 26	132.8 ± 19	0.430
<b>At discharge</b>	<i>n</i> =48	<i>n</i> =47	<i>n</i> =35	
Hospital length of stay (days)	42.8 ± 14.9	47.9 ± 14.6	53.2 ± 18.6	<b>0.004</b>
Fat free mass (g) [n]	2124 ± 297 [25]	2115 ± 266 [27]	2018 ± 19 [19]	0.202
Weight Z-score	-1.04 ± 0.68	-1.26 ± 0.84	-1.49 ± 0.60	<b>0.006</b>
Length Z-score	-1.52 ± 0.78	-1.73 ± 0.81	-2.13 ± 0.70	<b>0.001</b>
Head circumference Z-score	-0.44 ± 0.89	-0.36 ± 0.70	-0.45 ± 0.63	0.983
<b>At 2-year of corrected age</b>	<i>n</i> =45	<i>n</i> =42	<i>n</i> =31	
Post-natal age (months)	24.9 (1.9)	24.7 (3.7)	25.3 (0.7)	0.652
Corrected age (months)	22.7 (1.9)	22.5 (3.6)	23.0 (0.6)	0.709
Weight Z-score	-0.08 ± 0.96	-0.08 ± 0.90	-0.23 ± 1.05	0.775
Length Z-score	0.23 ± 1.06	0.38 ± 0.94	-0.07 ± 0.79	0.152
Head circumference Z-score	0.77 ± 1.12	0.75 ± 0.86	0.84 ± 1.06	0.930
<b>Growth from birth to 2-year</b>	<i>n</i> =45	<i>n</i> =42	<i>n</i> =31	
Delta weight Z-score	0.05 ± 0.92	0.14 ± 1.12	0.40 ± 1.38	0.406



Delta length Z-score	0.57 ± 1.12	0.66 ± 1.01	0.65 ± 1.26	0.935
Delta head circumference Z-score	1.05± 0.99	1.04± 1.04	1.66± 1.25	<b>0.037</b>
<b>Neurodevelopment at 2-year</b>	<i>n</i> =44	<i>n</i> =42	<i>n</i> =29	
Cerebral palsy	1 (2%)	0 (0%)	0 (0%)	–
ASQ questionnaire exploited	<i>n</i> =43	<i>n</i> =42	<i>n</i> =29	
ASQ total score	248 ± 28	246 ± 31	250 ± 23	0.780
Communication sub-score	49 ± 10	45 ± 15	48 ± 11	0.306
Gross motor skills sub-score	52 ± 9	51 ± 8	53 ± 6	0.744
Fine motor skills sub-score	53 ± 8	53 ± 7	56 ± 5	0.165
Problem solving abilities sub-score	46 ± 10	48 ± 10	51 ± 6	0.056
Personal social skills sub-score	48 ± 9	49 ± 9	47 ± 8	0.804

<sup>a</sup> Mean ± SD [*n*] (all such values)

<sup>b</sup> *P* calculated by ANOVA test for means and by chi-2 for percentages

<sup>c</sup> Intake in fluid volume (parenteral and enteral intakes), total protein, and energy was calculated as the sum of:

- Parenteral feeding as prescribed by the clinician;
- Enteral feeding which was calculated taking into account the volume of milk given, the fortifier added and its composition in macronutrient, and the milk composition in macronutrients. No calculation was done when direct breastfeeding began;

ASQ, Ages and Stages Questionnaire

**TABLE 3** - Growth outcomes and ASQ at 2-year of corrected age, analyzed with protein content in native BM at week 3 as a continuous variable, after adjustment for gestational age, sex, and birth weight Z-score<sup>a</sup>

	<i>n</i>	$\beta$	95% <i>CI</i>	<i>P</i>
<b>Growth from birth to 2-year of corrected age</b>				
Delta weight Z-score	118	0.3	[-0.5, 1.2]	0.439
Delta length Z-score	118	0.2	[-0.9, 1.3]	0.732
Delta head Circumference Z-score	118	0.7	[-0.2, 1.5]	0.133
<b>ASQ questionnaire at 2-year of corrected age</b>				
ASQ total score	114	14.3	[-17.1, 45.8]	0.371
ASQ communication sub-score	111	-1.0	[-12.1, 10.2]	0.866
ASQ gross motor skills sub-score	111	5.1	[-2.7, 12.8]	0.197
ASQ fine motor skills sub-score	111	3.4	[-4.7, 11.5]	0.413
ASQ problem solving abilities sub-score	111	7.5	[-1.6, 16.6]	0.105
ASQ personal social skills sub-score	111	2.7	[-5.7, 11.3]	0.524

<sup>a</sup>We used a 2-levels hierarchized generalized linear model considering the exposure of twin infants to the same mother's own milk. The first level was represented by mothers, and the second one by infants.

ASQ, Ages and Stages Questionnaire

## Legend for figures

Figure 1 - Flowchart of infants enrolled in the study (adapted from [16]). On each week during infant hospitalization, the sample of expressed breast milk was pooled over a 24-hour period, and used for macronutrient analysis.

Figure 2 - Mean (95% confidence interval of the mean) for true protein content (in g/100 mL) in native human milk for the 3 tertiles during lactation ( $P < 0.001$  at each week except at week 6 where  $P = 0.001$ ).

**Supplementary Table S1** - Growth outcomes and ASQ at 2-year of corrected age, analyzed with estimated protein content in fortified BM (after supplementation) at week 3 as a continuous variable, after adjustment for gestational age, sex, and birth weight Z-score<sup>a</sup>

	<i>n</i>	$\beta$	95% CI	<i>P</i>
<b>Growth from birth to 2-year of corrected age</b>				
Delta weight Z-score	118	0.1	[-0.04, 0.2]	0.726
Delta length Z-score	118	-0.2	[-0.7, 0.3]	0.379
Delta head Circumference Z-score	118	0.4	[-0.2, 0.9]	0.212
<b>ASQ questionnaire at 2-year of corrected age</b>				
ASQ total score	114	4.7	[-8.1, 17.5]	0.468
ASQ communication sub-score	111	-1.8	[-8.0, 4.5]	0.578
ASQ gross motor skills sub-score	111	2.0	[-2.2, 6.2]	0.345
ASQ fine motor skills sub-score	111	3.3	[-2.8, 3.5]	0.839
ASQ problem solving abilities sub-score	111	2.4	[-2.7, 7.5]	0.362
ASQ personal social skills sub-score	111	-0.4	[-4.2, 3.5]	0.849

<sup>a</sup>We used a 2-levels hierarchized generalized linear model considering the exposure of twin infants to the same mother's own milk. The first level was represented by mothers, and the second one by infants.

ASQ, Ages and Stages Questionnaire

Figure 1

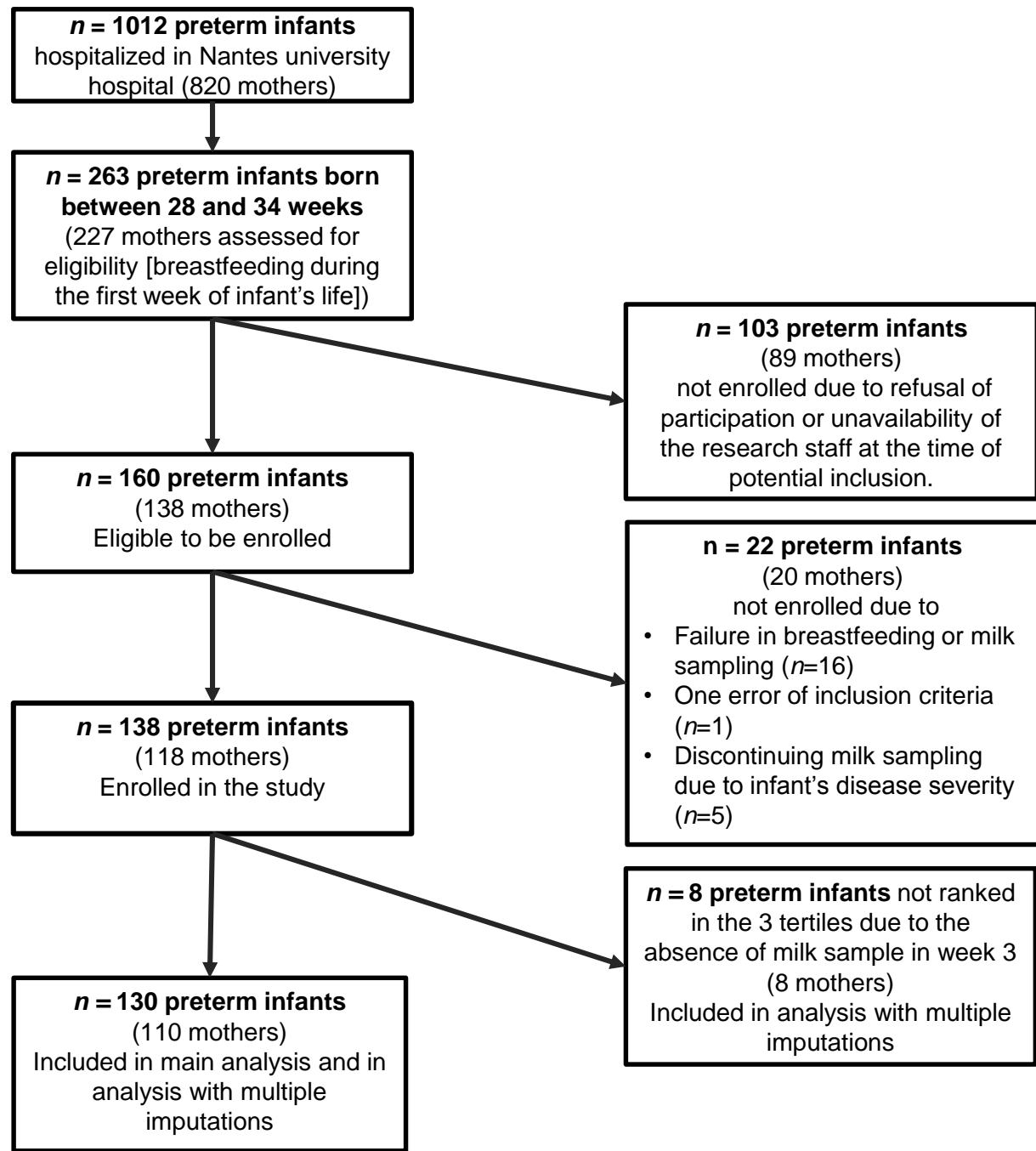
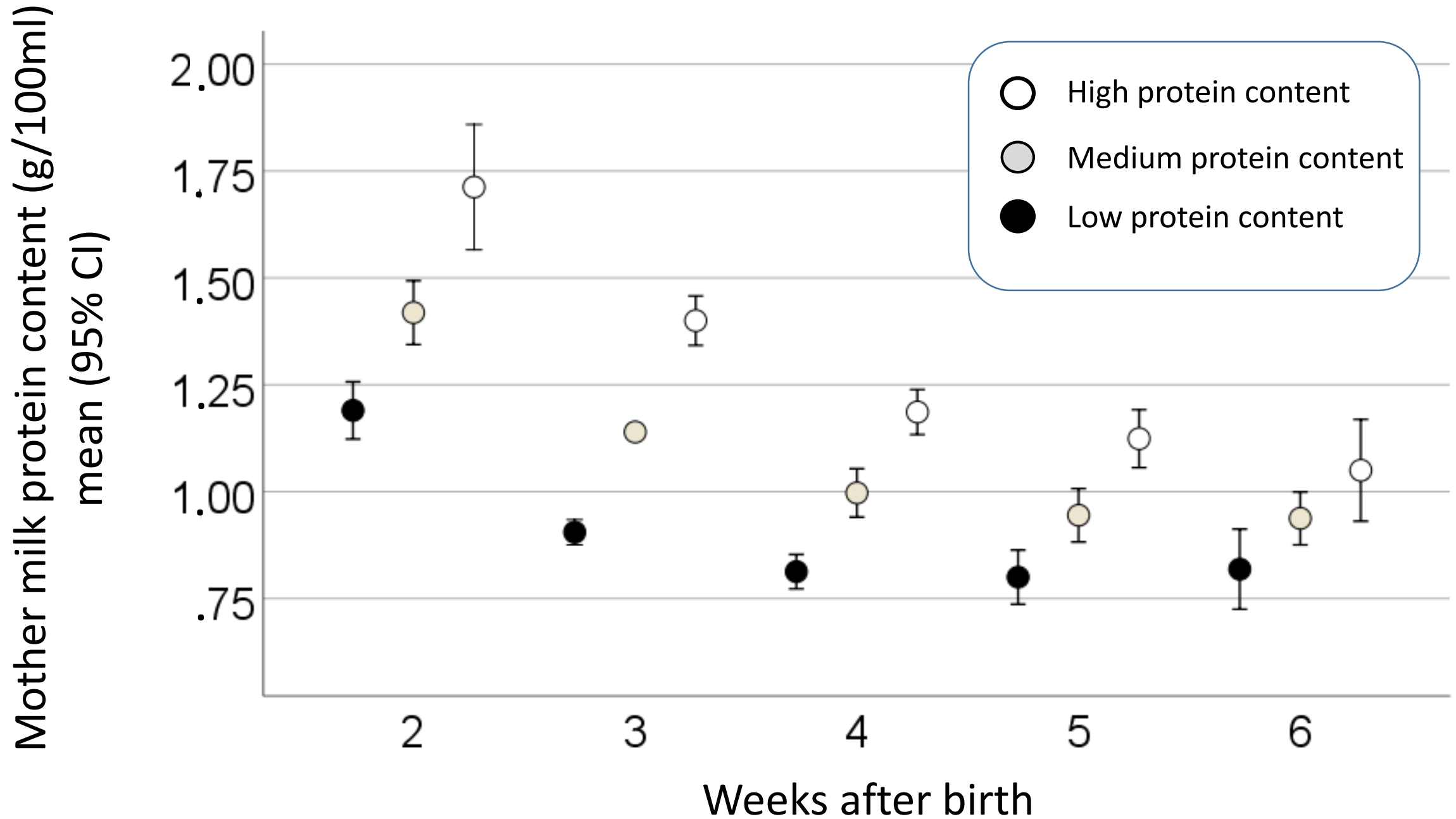


Figure 2

n = 

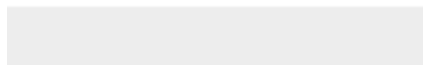
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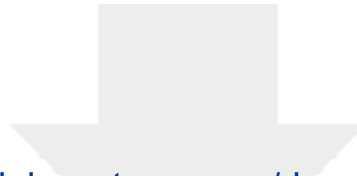
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