



Simply Lactation

Personalized Breastfeeding Support

High Lipase in Breast milk.

Lipase is a naturally occurring enzyme in breast milk that breaks down fats in breast milk so that it is easily digestible for your baby. High lipase breast milk is simply breast milk with a higher concentration of the lipase enzyme. Its higher concentration can sometimes affect the taste and smell of the milk, but **this doesn't diminish its nutritional value.**

Signs you have High lipase milk:

The most notable signs of high lipase milk are changes in **taste and smell**. It might smell:

Metallic



Fishy



Eggs



Soapy



Is it safe for the baby?

Milk high in Lipase is **just as safe and nutritious as any other breastmilk**. Some babies may notice the difference in smell and taste and refuse the bottle while other babies may not. **There is no evidence of high lipase milk causing digestive issues.**

How to prevent it?

1. Scald the milk before storing

Heating the milk soon after pumping can stop the lipase from breaking down fats.

2. Store milk quickly

Put milk in the fridge or freezer right after pumping to slow the enzyme activity.

3. Use milk sooner

Some people find the taste changes after 24–48 hours in the fridge, so using milk earlier may help.

4. Mix with fresh milk

Combining fresh milk with stored milk can sometimes make the taste more acceptable for babies.

5. Check storage practices

Use:

- Sterilized containers
- Proper fridge/freezer temperatures
- Small storage portions

Scalding

Scald Your High Lipase Breast Milk: Gently heating your milk can deactivate the lipase enzyme however, scalding could reduce some of the beneficial nutrients and gut bacteria you do want to preserve in your breast milk.

How to Scald Breast Milk (Step-by-Step)

1. Pour freshly expressed milk into a small clean saucepan.

Use fresh milk only (before refrigerating or freezing)

Heat the milk slowly on the stove over medium-low heat.

3. Watch for tiny bubbles forming around the edges of the pan.

This happens at about 180°F (82°C).

Do not let it boil.

4. Remove immediately from heat once bubbles appear around the edges.

5. Cool the milk quickly

Place the container in a bowl of ice water or cold water.

6. Store the milk

Refrigerate or freeze once cooled.