

Evidence Based for Healthy Diet for Nutrition Breastmilk

Introduction

Breast milk plays a vital role in the healthy growth and development of infants. The Research Institute for Future Food (RiFood) of The Hong Kong Polytechnic University (PolyU) has conducted a study to analyse the three-day dietary records and breast milk samples of Hong Kong lactating women.

Aims

- To share the results of the research team suggested lactating women should enhance the levels of carotenoids and polyphenols in breast milk through increasing their fruit and vegetable intake.
- To understand phytonutrients such as carotenoids and polyphenols are important in the physical development of infants and can reduce the level of inflammation.



Speaker

Prof. LO Ka Hei, Kenneth

Assistant Professor, Department of Food Science and Nutrition, PolyU



19 May 2026 (Tuesday) | 18:30 – 20:30

D1, 13/F, Hyde Centre, 223 Gloucester Road, Wan Chai

Zoom or Live Lecture



Teaching Medium : Cantonese supplemented with English

Target Participants : All Midwives and Nurses

Fee : HKD300 (Member); HKD450 (Non-Member)
* Join membership to enjoy the Membership Rate

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Award : e-Attendance Certificate will be issued

Payment Method : Please enroll by using the QR code and make the payment within **7 days** of your enrolment, or your application will be cancelled. All course fees are not refundable / transferable.



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Form



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Registration Deadline : 15 May 2026 (first come first served)

Enquiry : Hong Kong Midwives Association
Tel : 2893 8800 Fax : 2572 5329

Course content may be updated and please refer to our website for the latest information.