

### **Definition of adjusted and targeted fortification**

**Adjusted fortification** describes the practice of changing fortifier strengths based on urea concentration from the infant. It is assumed that urea levels reflect protein utilisation. High urea levels may indicate significant amino acid oxidation and thus represent a tentative saturation point for protein intake. It can also reflect a PER ratio that is too high. Low urea levels, on the other hand, may indicate a metabolic potential for increased protein intake. The changes made are to the strength of fortifier.

**Targeted fortification** analyses macronutrient content of selected mother's own milk samples. Can add nutrients to low macronutrient levels to achieve recommended intakes. The changes made are for extra individual macronutrient supplementation.