

CHAPTER V

CONCLUSION



The folic acid content in human milk, fresh cow's milk and other cow's milk preparations were determined by Lactobacillus casei biological assay both before and after treatment with conjugase enzyme. The transitional human milk had higher free folic acid content than that of the colostrum while total folic acid content was not different. Fresh cow's milk and other cow's milk preparations except butter contained higher folic acid than human milk. Pasteurization and sterilization reduced folic acid content in cow's milk considerably. Accordingly, folic acid content in cow's milk preparations such as pasteurized milk, sterilized milk, evaporated milk and sweetened condensed milk were less than that in fresh cow's milk. On the other hand, powdered milk contained relatively high folic acid content which may be due to the folic acid fortification in the products.

Infant with a daily consumption of 800 ml milk would obtain free folic acid not sufficient for his daily requirement if he consumes human milk, cow's milk and other cow's milk preparations except powdered milk. However, the quantity of folate intake may not necessarily be the sole factor which is responsible for blood level, other factors, such as folate absorption, folate production and utilization by intestinal flora may be involved which need further studies.