

1 **Cellular and transcriptional diversity over the course of human lactation**

2

3 Sarah K. Nyquist^{1,2,3,4}, Patricia Gao³, Tessa K. J. Haining³, Michael R. Retchin³, Yarden

4 Golan Maor⁵, Riley S. Drake^{1,3,8}, Kellie Kolb^{1,3}, Benjamin E. Mead^{1,3}, Nadav Ahituv⁵,

5 Micaela E. Martinez⁶, Bonnie Berger^{1,4+}, Alex K. Shalek^{1,2,3,7,8,9,10+}, Brittany A. Goods^{11,+}

6

7 ¹Broad Institute, Harvard University & Massachusetts Institute of Technology

8 ²Program in Computational and Systems Biology, Massachusetts Institute of Technology

9 ³Department of Chemistry and Institute for Medical Engineering & Science,

10 Massachusetts Institute of Technology

11 ⁴ Computer Science and Artificial Intelligence Laboratory and Department of

12 Mathematics, MIT, Cambridge, Massachusetts, USA

13 ⁵Department of Bioengineering and Therapeutic Sciences and Institute for Human

14 Genetics UCSF, University of California San Francisco

15 ⁶Department of Biology, Emory University

16 ⁷Koch Institute for Integrative Cancer Research, Massachusetts Institute of Technology

17 ⁸Ragon Institute, Harvard University, Massachusetts Institute of Technology, &

18 Massachusetts General Hospital

19 ⁹Division of Health Science & Technology, Harvard Medical School

20 ¹⁰Department of Immunology, Massachusetts General Hospital

21 ¹¹Thayer School of Engineering and Program in Quantitative Biomedical Sciences,

22 Dartmouth College

23 ⁺equal

24 **ABSTRACT**

25 Human breast milk is a dynamic fluid that contains millions of cells, but their
26 identities and phenotypic properties are poorly understood. We used single-cell RNA-seq
27 (scRNA-seq) to characterize the transcriptomes of cells from human breast milk (hBM)
28 across lactational time from 3 to 632 days postpartum in 15 donors. We find that the
29 majority of cells in human breast milk are lactocytes, a specialized epithelial subset, and
30 cell type frequencies shift over the course of lactation yielding greater epithelial diversity
31 at later points. Analysis of lactocytes reveals a continuum of cell states characterized by
32 transcriptional changes in hormone, growth factor, and milk production related pathways.
33 Generalized additive models suggest that one sub-cluster, LALBA^{low} epithelial cells,
34 increase as a function of time postpartum, daycare attendance, and the use of hormonal
35 birth control. We identify several sub-clusters of macrophages in hBM that are enriched
36 for tolerogenic functions, possibly playing a role in protecting the mammary gland during
37 lactation. Our description of the cellular components of breast milk, their association with
38 maternal-infant dyad metadata and quantification of alterations at the gene and pathways
39 levels provides the first detailed longitudinal picture of human breast milk cells across
40 lactational time. This work paves the way for future investigations of how a potential
41 division of cellular labor and differential hormone regulation might be leveraged
42 therapeutically to support healthy lactation and potentially aid in milk production.

43

44 **INTRODUCTION**

45 Human breast milk (hBM) is the nutritional food source evolved specifically to meet
46 the needs of infants.¹ Feeding exclusively with hBM is currently recommended for the first

47 six months of life, and this is one of the strongest preventative measures against mortality
48 in children under 5 years old.² In addition, breastfeeding has been linked to long-term
49 health benefits for both infants and nursing mothers.^{1,3,4} Breastfed infants have decreased
50 infections⁵, improved gut and intestinal development⁶, and improved regulation of weight
51 long after termination of breastfeeding.⁷ Additionally, nursing mothers have a decreased
52 risk of ovarian and breast cancers.⁸⁻¹⁰ Given that lactation and nursing provide
53 unprecedented health benefits to mothers and infants, there is a need to better
54 understand the molecular and cellular features of hBM, and broadly, how these may
55 correlate with maternal and infant lifestyles and health.

56 The stages of lactation are canonically described as colostrum (0-5 days
57 postpartum), transitional (6-14 days postpartum), and mature (>15 days postpartum)
58 followed by involution, which begins within hours of the cessation of lactation.^{11,12} During
59 pregnancy, lactation and involution, the human mammary gland undergoes drastic
60 remodeling that requires coordinated shifts in tissue architecture and cellular composition
61 guided by hormonal cues.^{13,14} During lactation, the cells of the mammary gland are
62 responsible for synthesizing and transporting the diverse components of hBM as well as
63 responding to tightly regulated and highly responsive signals maintaining lactational
64 viability. A mechanistic understanding of the cellular composition, activities, and
65 regulation of the human mammary gland in the period between the establishment of
66 lactation and involution is essential for understanding environmental factors that impact
67 milk production, the responsiveness of the breast to the changing nutritional needs of the
68 infant, and the mechanisms of long-term lactation. However, given the unique nature of
69 this tissue niche, it is challenging to study lactating tissue directly in humans.

70 hBM contains live cells which are thought to enter the breast through exfoliation
71 during the process of breastfeeding, thereby providing an opportunity to study lactational
72 cells.^{11,15} Cells from hBM are viable, can be cultured, and immune cells were shown to
73 transfer to offspring's bloodstream and tissues in animal models.^{12,16–18} The investigation
74 of these live cells provides both non-invasive surveillance of the cells in the mammary
75 mucosa and allows for a more detailed understanding of their roles in infant
76 development.^{12,18–21} The cellular fraction of hBM contains both somatic and immune
77 cells.¹¹ Immune cell populations, such as macrophages^{19,22}, may be involved in the
78 protection of the breast itself from infection during lactation¹¹. They may also produce
79 important bioactive components, such as antibodies and cytokines, which play a role in
80 the establishment of the infant immune system.²³ Somatic cells identified in breast milk
81 include epithelial cells and a small fraction of stem cells.¹¹ Studies have identified both
82 ductal myoepithelial cells and secretory epithelial cells (lactocytes) in breast milk, where
83 the latter predominates.¹¹ Lactocytes are involved in the synthesis and transport of an
84 array of factors, such as human milk oligosaccharides (HMOs), lactose, micronutrients, fat,
85 hormones, cytokines, into the lumen of the lactating breast. Much remains to be learned
86 about the mechanisms by which these essential components are created and transported
87 into breast milk and how the behaviors of these cells are regulated.^{11,13,24} Despite their
88 dual role in producing dynamic nutrition for infants and conferring immunological
89 protection, it is still unclear how they may change over the course of lactation.^{3,4}

90 To date, several studies have used either bulk^{12,25–28} or single-cell RNA-
91 sequencing (scRNA-seq)^{16,29} to study the transcriptome of hBM in small cohorts. These
92 studies have revealed subsets of epithelial cells in hBM, as well as progenitor luminal

93 cells, and genes that change in bulk over the course of lactation. Bulk analysis, however,
94 limits our ability to delineate key cell states and uncover specialized cell phenotypes.^{30,31}
95 scRNA-seq analyses to date have also been limited by low sample numbers and small
96 donor pools, thereby decreasing the ability to characterize the cross-donor heterogeneity
97 of breast milk longitudinally.^{1,28,32} Longitudinal studies of other factors in milk
98 composition have characterized dynamic shifts in hormone concentrations^{33–35}, cytokine
99 content^{36–38}, and overall protein content³⁹ up to 3 months postpartum suggesting that
100 most components decrease in concentration early in lactation. However, no
101 transcriptomic studies to date have captured the full range of lactation across time. How
102 these dynamic milk changes relate to lactocytes and immune cell function, are also not
103 well understood.¹¹

104 In order to better understand cellular dynamics and longitudinal lactational
105 heterogeneity, we sought to characterize the transcriptomics of hBM-derived cells using
106 scRNA-seq on longitudinal samples. hBM was collected longitudinally from 15 human
107 donors across various stages of lactation (Supplemental Table 1, Figure 1A). For each
108 sample, we collected a rich set of information about the mother-infant dyad, including
109 vaccine history, illness, and daycare status. To our knowledge, we have generated the
110 first single-cell analysis of hBM-resident cells over the course of lactation, with a dataset
111 comprised of over 48,478 cells from 50 samples. We identify key cell subsets, including
112 immune cells and epithelial cells at each lactation stage. We further identify several
113 factors that are associated with alterations in cell frequencies over lactation, including the
114 use of hormonal birth control and the start of daycare. We also nominate many pathways
115 and genes that are altered in epithelial subsets over the course of lactation, including

116 those that may be hormonally regulated. Taken together, our data provide the first
117 longitudinal characterization of single cells in breast milk and shed light on the gene
118 programs that may drive crucial human lactocyte functions over the course of lactation.

119

120 **METHODS**

121 **Donor enrollment and breast milk collection.** Donors were enrolled in the MIT Milk
122 Study under an approved protocol (Protocol # 1811606982). Donors were recruited at
123 hospitals, research institutes, and clinics around the Boston, MA, USA area primarily on
124 the MIT campus. Donors expressed milk using their method of choice and, where
125 possible, provided that information in questionnaires for each sample. To minimize diurnal
126 variations in cell composition, donors provided milk in the mornings between 6:00AM-
127 9:00AM.^{40,41} We also collected extensive donor-supplied metadata for each sample
128 (Supplemental Table 8), including information about maternal and infant health. Donors
129 collected a minimum of 0.5mL of milk, placed in study-provided sample collection bags,
130 and kept on ice until the sample was collected. Samples were processed as close to
131 expression as possible (up to 6 hours) and kept on ice until cells were isolated. Donors
132 also provided answers to the study questionnaire with each sample. Donors provided milk
133 at various time points, covering the following milk stages: early 3-5 days postpartum
134 (colostrum/early), transitional (10-14 days), mature (15-18 days), and several later stages
135 (late 1: 5-13 weeks, late 2: 14-25 weeks, late 3: 26-33, and Late 4: 34-90 weeks). Breast
136 milk was sampled from 15 mothers between the ages of 25-34 (median age 31). All
137 pregnancies were full term with seven donors reporting induced labor, four reporting C-
138 sections, and all but two donors reporting no prior pregnancies. Four donors began

139 hormonal birth control during the sampling period. Eight total samples from six donors
140 were collected after starting day care.

141 **Cell isolation.** To isolate cells directly from whole milk, samples were processed as
142 previously described.⁴² Briefly, milk was diluted 1:1 with cold PBS and cells were pelleted
143 by centrifugation for 10 minutes at 350g. After removal of skim milk and the fat layer, cells
144 were transferred to a clean tube in 1mL of cold PBS and washed three times in 10 mL of
145 cold PBS. The final cell pellet was resuspended in 1mL of cold complete RPMI media
146 (ThermoFisher) containing 10% FBS and 5% pen/strep (ThermoFisher). Cells were
147 counted with a hemocytometer and Seq-Well S³ was performed as described below⁴³.
148 For experiments comparing milk handling and cell isolation methods, cells were isolated
149 as described above from milk that had been sorted at 4°C or at -20°C overnight. Frozen
150 milk was thawed in a 37°C water bath prior to cell isolation. For sorting of live cells, milk
151 cells were isolated directly from milk and stained according to the manufacturers protocol
152 for calcein violet (ThermoFisher) and sytox green (Invitrogen) prior to sorting for calcein
153 violet positive and sytox green negative cells on a Sony Sorter (SH800S). For enrichment
154 of live cells, directly isolated milk cells were processed according to the manufacturer's
155 instructions (EasySep Dead Cell Removal (Annexin V) Kit).

156 **Generation of single-cell RNA-sequencing (scRNA-seq) data with Seq-Well S³.** Seq-
157 Well S³ was performed as described previously.^{43,44} For each milk sample, about 15,000
158 cells were loaded onto each array preloaded with uniquely-barcoded mRNA capture
159 beads (ChemGenes). Arrays were washed with protein-free RPMI media, then sealed
160 with polycarbonate membranes. Arrays were incubated at 37°C for 30 minutes to allow
161 membranes to seal, then transferred through a series of buffer exchanges to allow for cell

162 lysis, transcript hybridization, bead washing, and bead recovery from arrays post
163 membrane removal. Reverse transcription was performed with Maxima H Minus Reverse
164 Transcriptase (ThermoFisher), excess primers were removed using an Exonuclease I
165 digestion (New England Biolabs), second strand synthesis was performed, and whole
166 transcriptome amplification (WTA) by PCR was performed using KAPA Hifi PCR
167 Mastermix (Kapa Biosystems). WTA product was purified using Agencourt Ampure beads
168 (Beckman Coulter) and dual-indexed 3' digital gene expression (DGE) sequencing
169 libraries were prepared using Nextera XT (Illumina). Libraries were sequenced on a
170 NovaseqS4 or NovaseqS2 with a paired end read structure (R1: 20 bases; I1: 8 bases;
171 I2: 8 bases; R2: 50 bases) and custom sequencing primers.

172 **Analysis of scRNA-seq data.** Alignment and quality control. Data was aligned using the
173 Dropseq-tools pipeline on Terra (app.terra.bio) to human reference genome hg19.
174 Sequencing saturation curves were generated using custom scripts to ensure adequate
175 sequencing depth (data not shown).

176 Clustering and cell identification. Samples were split into milk stage groups for initial
177 clustering and doublet identification. For each sample, scrublet was run with default
178 parameters and cells identified as doublets were removed from downstream analysis.⁴⁵
179 For each milk stage, all samples were combined into a single scanpy object, cells were
180 filtered with parameters: >400 genes, >750 UMI, <750 counts, <20% UMIs from
181 mitochondrial genes. UMI counts were log-normalized and the top 2000 variable genes
182 were identified with the batch_key parameter set to "sample". PCA was run on scaled
183 data, and a nearest neighbors map was calculated with 15 neighbors and 25 principal
184 components prior to running UMAP for visualization. Resulting clusters were robust to

185 multiple choices of clustering parameters. Clustering of resulting DGEs was performed
186 using Leiden clustering in the Scanpy (scanpy.readthedocs.io) package independently on
187 samples of each milk stage.⁴⁶ Clusters were classified as immune cells or epithelial cells
188 for further sub-clustering based on expression of *PTRPC* (immune cells) and *LALBA*
189 (epithelial cells). Upon sub-clustering on each of these subsets, doublets were identified
190 as clusters co-expressing multiple lineage markers and were removed. Sub-clustering
191 was performed on the applicable clusters from all time points combined.

192

193 *Pseudobulk marker gene identification*

194 To identify marker genes for celltype clusters whose specificity to Leiden clusters or cell
195 subgroups was consistent across donors and samples, we utilized pseudobulk marker
196 gene identification⁴⁷⁻⁴⁹. Raw gene expression counts were pooled by sample and cluster
197 such that one pseudobulk population was created for each cluster found in each sample.
198 Pseudobulk groups were filtered to include only sample-subcluster pairs containing at
199 least 10 cells. Differential expression between clusters of one celltype and all other
200 clusters was executed using a Wald test in DESeq2⁵⁰ with the design formula “~donor +
201 is.thiscelltype” where the factor ‘is.thiscelltype’ is set to TRUE for pseudobulk populations
202 from the cluster of interest and FALSE for other clusters. These pseudobulk marker genes
203 were filtered for adjusted p value < 0.05, percent expression of single cells in the cluster
204 > 30%, and DESeq2-calculated log2 fold change > 0.4. Pseudobulk marker genes of all
205 cell types (Supplemental Table 2) and epithelial cell groups (Supplemental Table 3) and
206 top marker genes sorted by difference in percent of cells expressing in-cluster compared
207 to out-of-cluster are visualized in Figure S7E and Figure 3D, respectively.

208

209 Epithelial cell sub-clustering.

210 Epithelial sub-clustering was performed on combined cells from all samples to identify
211 major cell states within the data and characterize their changes in gene expression over
212 the course of lactation. To enable these analyses, we identified cell groups which were
213 either distinct enough to be robust to clustering parameter selection, or, for groups of cells
214 whose core identifying gene expression profiles could not be defined with respect to other
215 clusters, similar clusters were merged and further analysis identified genes changing over
216 time. Sub-clustering proceeded by re-discovering the top 3,000 variable genes on the
217 epithelial subset, re-running PCA on these genes, and clustering with Leiden clustering
218 with resolution 0.5 and 10 neighbors on 22 principal components (Figure S4A). Clusters
219 0, 1, 2, and 3 were merged into the secretory lactocyte cluster due to shared expression
220 of various canonical lactation-related genes (Figure S7F). Despite many shared functions
221 with clusters 0, 1, 2, and 3, cluster 5 was left as its own cluster due to high mitochondrial
222 gene percentage (Figure S7G). Clusters 9, 6 and 8 shared a distinct transcriptional
223 signature and were merged into the LALBA^{low} epithelial cluster. Clusters 4 and 11 were
224 merged into a single KRT high 1 cluster due to cluster 11's specificity to a single donor,
225 and cluster 7 remained as a single KRT high 2 cluster. Additionally, these clusters were
226 robust to leave one out clustering.

227

228 Immune cell sub-clustering. Immune cells were sub-clustered separately and re-filtered
229 to remove additional doublets. To accomplish the latter, immune cells were clustered with
230 a known subset of secretory epithelial cells from our epithelial cell data. This allowed us

231 to generate a gene signature derived of PC1-specific genes to define lactocytes or
232 monocytes with high confidence (Supplemental Table 4). We performed module scoring
233 with these in R (v3.6.2) with Seurat (V3), allowing us to stringently filter for immune cells
234 that scored highly for lactocyte gene expression (>2.5 standard deviations above the
235 mean lactocyte module score)⁵¹. Finally, we identified any additional doublets based on
236 dual expression of key lineage markers as described above. We performed sub-clustering
237 analyses by re-normalizing the data, finding the top 2000 variable genes, re-scaling the
238 data, running PCA, then performing additional UMAP visualization with the first 15
239 principal components. Supervised marker gene identification was performed across cell
240 types using Seurat's Wilcoxon rank-sum test. We also performed sub-clustering analyses
241 on the monocytes and macrophages as these were the most abundant immune cell type.
242 These cells were re-normalized, the top 2,000 variable genes were identified, and the
243 data was clustered across several resolutions to identify resolutions that produced non-
244 redundant clusters (resolution = 0.2) as determined by marker gene identification using
245 Seurat's Wilcoxon rank-sum test.

246 *Identification of time-varying genes.*

247 Time-associated genes were identified for each cluster using pseudo-bulk analysis. First
248 the raw counts all cells in each sample in each cluster were summed to create sample
249 and cluster specific pseudobulk data. Then DESeq2 was used to identify genes varying
250 over the course of lactation in each sub-cluster using a likelihood ratio test between the
251 design formula “~ 0 + donor + days_post_partum” over “~0 + donor”. Samples with a
252 minimum of 10 cells in a cluster were included in the analysis, and samples from more
253 than 400 days postpartum were excluded from time series analyses to avoid the small

254 number of very late samples driving a disproportionate amount of variation due to the
255 large gap in time between samples before 400 days postpartum and after. Genes with in-
256 cluster single cell percent expression > 20% and adjusted p value <0.05 were included in
257 downstream visualization and enrichment analyses. Heatmaps represent row-z-scored,
258 log normalized per-sample expression of genes of interest. Principal component analysis
259 on pseudobulk samples from each epithelial subset was used to identify the primary axis
260 of variation within each subset by identifying the sample metadata and genes correlated
261 with the first principal component. The first principal component of the LALBA^{low} epithelial
262 and secretory lactocyte subsets was highly correlated with time postpartum, so time
263 dependent gene analyses were focused on these subsets (Supplemental Table 5A,B).
264 We classified universal epithelial cell time varying genes as genes associated with time
265 and changing in the same direction in both LALBA^{low} epithelial and secretory epithelial
266 subsets (Supplemental Table 5C,D). Time varying genes in opposite directions in the
267 LALBA^{low} epithelial and secretory epithelial subsets were also identified (Supplemental
268 Table 5E).

269 *Identification of metadata associated cellular populations*

270 Associations between collected covariates and cellular population proportions were
271 tested using generalized additive models. For each sample, cell cluster proportions were
272 calculated from the numbers of cells found in each broad celltype by dividing the number
273 of cells in that cluster by the total cells in that sample. Then a generalized additive model
274 was run for each celltype on samples collected earlier than 400 days postpartum using
275 the mgcv R package with model formula 'celltype_proportion ~ donor +
276 s(time_post_partum_days, k=7)'.⁵² Additional covariates – including: daycare attendance,

277 infant illness, breast soreness, supplementation with formula, use of hormonal birth
278 control, solid food consumption, and recent vaccinations were tested with model formulas
279 following the pattern 'celltype_proportion ~ donor + <covariate> +
280 s(time_post_partum_days, k=7)'. Only samples with complete metadata for a given
281 covariate were included in the corresponding comparison (Supplemental Table 6). In
282 cases where multiple covariates were significantly associated with one celltype
283 proportion, a model including both was run. Specifically, LALBA^{low} epithelial cell
284 proportion was modeled as 'LALBA^{low} _proportion ~ donor + daycare +
285 hormonal_birthcontrol + s(time_post_partum_days, k=7)'. Full model results are shown
286 in Supplemental Table 6.

287

288 Functional enrichment analysis on epithelial cells.

289 Functional enrichment analysis on top marker genes was performed using Enrichr using
290 the gseapy package with the gene set GO_Biological_Processes_2021.^{53,54} Due to the
291 hierarchical structure of the GO database and the overlapping functions of many of the
292 marker genes of the epithelial cell subclusters, representative GO terms were identified
293 through a series of filtering and curating steps. For each subcluster, significantly enriched
294 terms were grouped based on shared marker genes found to be overlapping with the GO
295 term. These grouped terms were further grouped between subclusters based on shared
296 term ID or shared genes. The mean gene set score was calculated for each epithelial cell
297 group and enriched GO term using the scanpy function "score_genes". For each group
298 of GO terms, the terms with the highest variance of mean gene scores across epithelial
299 subgroup was chosen such that each epithelial subgroup had between 7 and 15 GO terms

300 for which they had the maximum mean gene score. To avoid redundant terms, GO terms
301 were also merged based on high overlap of genes in the full reference GO term gene list.
302 Heatmap visualizations display per-subset mean gene set score for all genes in the GO
303 term z-scored across subsets. Time-dependent enriched GO terms were identified for
304 genes positively and negatively associated with time postpartum separately and for both
305 LALBA^{low} epithelial and secretory lactocyte clusters. These GO terms were similarly
306 curated with an additional filtering step of correlation of the gene set scores over time
307 postpartum in the same direction as the set of differential genes used (e.g. positive
308 correlation for GO terms enriched in the gene list increasing with time). GO terms
309 identified to be changing in the same direction in both the LALBA^{low} epithelial and
310 secretory lactocyte clusters were considered epithelial cell-wide time-varying processes.

311

312 *Statistics.* In order to determine if cell fraction in hBM correlated with time postpartum in
313 a subset of continuously sampled donors, we performed a Spearman correlation analysis
314 in R (v4.0.4) using the `ggpubr` package (v0.4.0). Spearman rank coefficients and
315 associated p values were calculated and displayed, along with confidence intervals, for
316 each cell type over time.

317

318 *Data and code availability.* Notebooks to reproduce all analyses performed in R and
319 Python are for download (<https://github.com/ShalekLab>). Sequencing data are available
320 for download as part of The Alexandria Project
321 (https://singlecell.broadinstitute.org/single_cell?scpbr=the-alexandria-project) and on the
322 Gene Expression Omnibus (GEO #####).

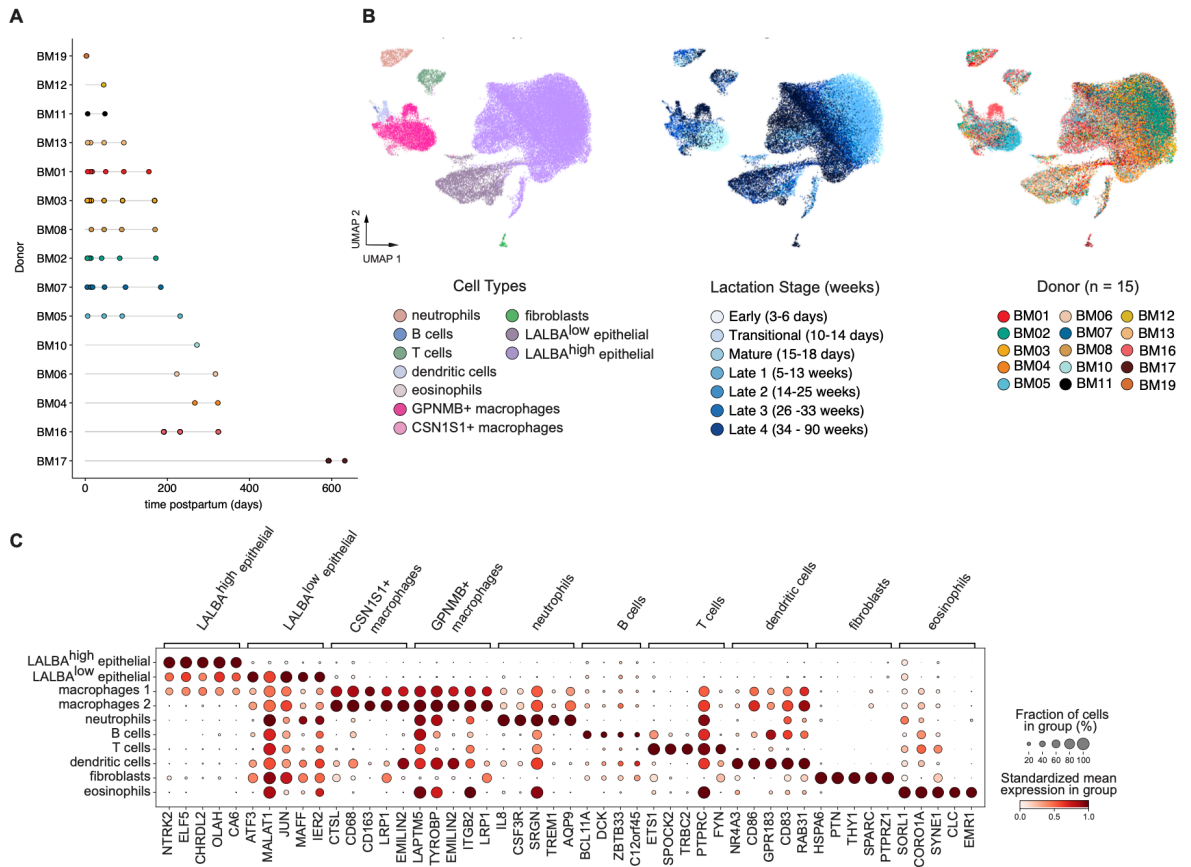
323

324 **RESULTS**

325 **We identify major cell types of the breast epithelium and immune cells in**
326 **human breast milk over the course of lactation.** We first optimized a process for
327 generating scRNA-seq data from cells in hBM. Previous studies characterize how sample
328 handling, as well as methods used for cell isolation, can significantly impact the
329 transcriptomes of isolated cells.^{55,56} We compared several workflows for upstream
330 handling of collected hBM – including: fresh isolation of cells, holding at 4°C overnight
331 until cell isolation, and a single freeze thaw of whole milk before isolating cells, as well as
332 several methods for isolating cells, including: sorting live cells, live cell enrichment with a
333 bead-based kit, or centrifugal isolation of fresh cells as previously described
334 (Supplemental Figure 1). We found that for each method, except for freezing, quality
335 control metrics were comparable and we identified expected cell types in milk, including
336 epithelial and immune cell subsets (Supplemental Figure 1B and C). Fresh processing,
337 sorted cells, or live-enriched cells clustered together in PC space, suggesting little gain
338 by additional processing prior to performing scRNA-seq. Additionally, we found that in
339 one donor, fresh but not frozen processing allowed us to retain macrophages
340 (Supplemental Figure 1D). In agreement with previous studies, we found that isolation of
341 cells from fresh milk resulted in the highest quality data and we therefor used this method
342 for our samples analysis.

343 To better understand the transcriptomes of single cells in hBM over the course of
344 lactation, we recruited donors to provide milk samples at several time points postpartum,
345 including colostrum/early (3-6 days), transitional (10-14 days), mature (15-18 days), and

346 several late points postpartum (5-90 weeks) (Figure 1A). We performed Seq-Well S³ with
 347 freshly isolated cells from whole milk to generate high quality single cell transcriptomic
 348 data across all lactation stages (Supplemental Figure 2).



349 **Figure 1: Atlas of cell types present in human breast milk across lactation.**
 350 **A.** Sampling timeline showing collection of samples for each donor as a function
 351 of time postpartum (days). **B.** Projection of dimensionality reduced (Uniform
 352 Manifold Approximation and Projection (UMAP)) scRNA-seq data (n = 48,478 cells
 353 across 15 donors) colored by cell type, lactation stage (early, transitional, mature,
 354 and several late stages), and donor. **C.** Marker genes (x axis) for each major cell
 355 type cluster (y axis). Circle size describes percent of cells in cluster expressing the
 356
 357

358 gene. Color represents the mean log-normalized gene expression in that cluster
359 standardized across clusters within each gene.

360

361 We performed unsupervised clustering across all high-quality cells and identified cell
362 types using previously identified marker genes (Supplemental Table 2) in the context of
363 the mammary gland and the immune system^{57–59}. Our analyses revealed 10 broad cell
364 types representing both epithelial and immune cell compartments (Figure 1B). We
365 identified seven top-level immune cell clusters, including B cells (*TCF4*, *SEL1L3*,
366 *CCDC50*), dendritic cells (*NR4A3*, *REL*), T cells (*ETS1*), two macrophage clusters
367 (GPNMB+ macrophages (*CD68*, *GPNMB*, *CTSL*) and CSN1S1+ macrophages (*CD68*,
368 *CSN1S1*, *XDH*)), neutrophils (*IL8*, *CSF3R*), and eosinophils (*SORL1*, *CORO1A*). We also
369 identified three non-immune top-level clusters, including LALBA^{high} epithelial cells (*XDH*,
370 *CSN1S1*, *CSN3*), LALBA^{low} epithelial cells (*CLDN4*, *JUN*, *KLF6*), and fibroblasts
371 (*SERPINH1*, *PTN*). These subsets agree with other datasets describing scRNA-seq on
372 hBM in smaller cohorts.^{16,29,32} We did not identify any basal epithelial cells (Supplemental
373 Figure 2), consistent with previous reports^{16,29}. Interestingly, we found that our data
374 clustered predominantly by cell type, rather than donor, suggesting that donor-to-donor
375 differences were not the primary axis of variation. Overall, lactocyte epithelial cells
376 (LALBA^{low} and LALBA^{high}) were the most abundant cell type across both donor and
377 lactation stage (mean 81.7% of all cells per sample, standard deviation 24%), with
378 macrophages comprising the most abundant immune cell type (50.5% of immune cells
379 per sample, standard deviation 34%) (Figure 2A).

380

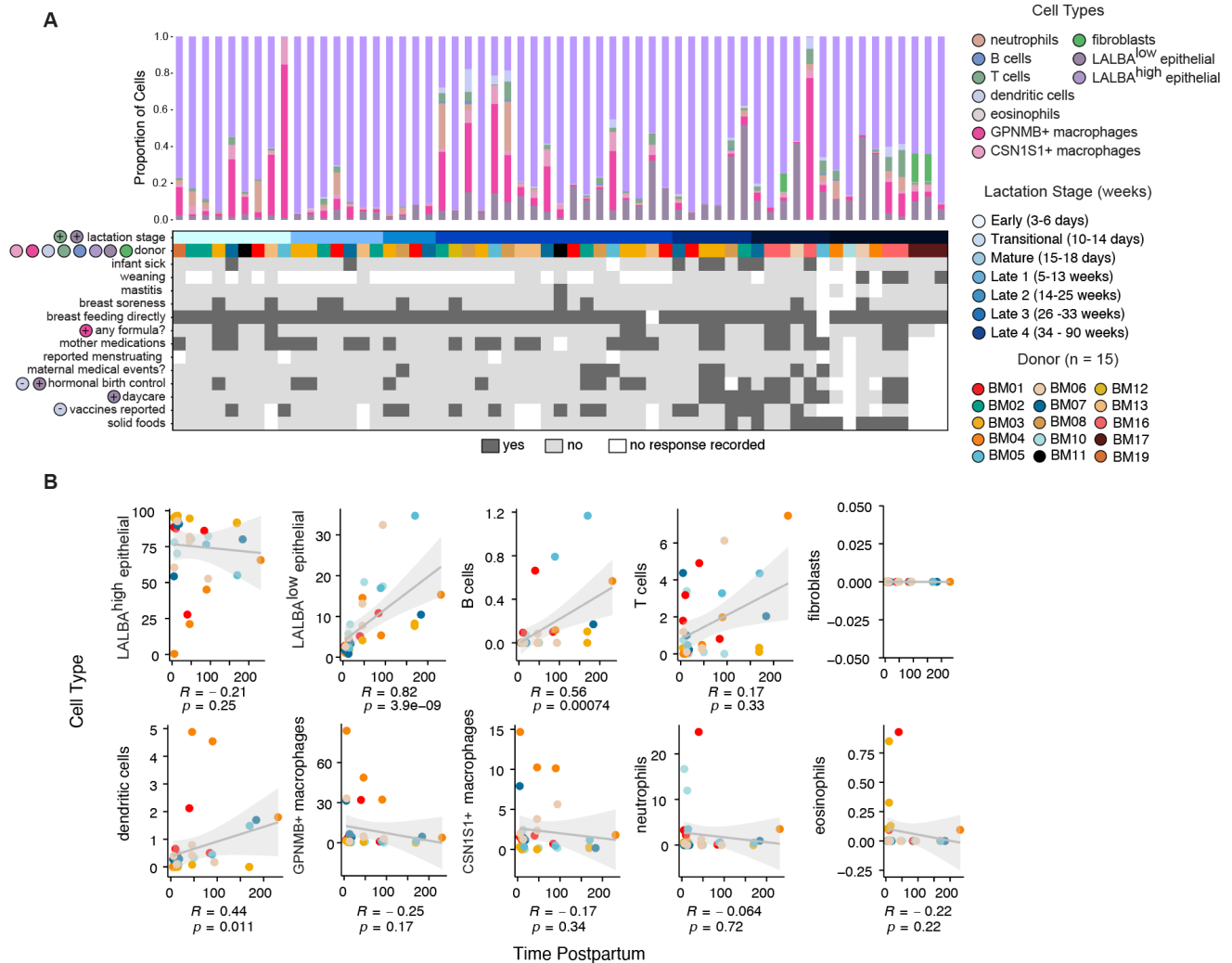
381 **Cell frequencies are dynamic over the course of lactation and associate with**
382 **maternal-infant metadata.** In order to better understand the longitudinal variation in
383 hBM-derived cells, and the overall composition of our cohort metadata, we plotted total
384 cell counts and cell type frequencies over time for each sample in our cohort (Figure 2A).
385 We found that the total cell counts per milliliter of milk decreased over the course of
386 lactation, agreeing with previous literature showing a decrease in total cell counts in
387 mature milk (Supplemental Figure 3).²⁵ We also found that the majority of our cohort were
388 directly breastfeeding, with 5 donors (9 samples) additionally supplementing with formula
389 and six donors (9 samples) reporting supplementation with solid foods. Several donors
390 reported breast soreness periodically over the course of the study, with only one donor
391 reporting mastitis at sample collection (Supplemental Table 7). Additionally, none of our
392 donors reported menstruating at the time of sample donation and four were on hormonal
393 birth controls or other reported medications. Finally, we had three donors that had begun
394 weaning and six whose children had started daycare during our study. Globally, the
395 variability in reported metadata allowed us to determine how cellular composition may be
396 impacted by shifts in time, lifestyle and maternal and/or infant health status.

397 We tested the association between the abundance of identified cell types with any
398 reported metadata using generalized additive models (Supplemental Table 6). While we
399 found that nothing was significantly associated following correction for multiple
400 hypotheses, we did find some associations indicating potential heterogeneity. We found
401 that macrophage 1 proportion associated with formula supplementation, LALBA^{low}
402 epithelial cell proportion positively associated with daycare attendance and with use of
403 hormonal birth control, and dendritic cell proportion negatively associated with use of

404 hormonal birth control and with infant vaccinations (Figure 2A). We noted that a
405 substantial amount of variability in these cell compositions can be attributed to individual
406 donors with a single donor consistently showing substantially larger macrophage
407 proportions (BM05) and all of the fibroblast cells coming from two donors (BM16, BM17).
408 We acknowledge that given our study design, often donor is conflated with certain
409 metadata features.

410 We next sought to refine our understanding of which cell types were correlated
411 with time postpartum by looking at a subset of donors with at least three samples collected
412 over the course of the study. We found that several cell types remained relatively
413 consistent over the sampled course of lactation, including LALBA^{high} epithelial cells and
414 macrophages (Figure 2B). We also found several cell types that were significantly
415 positively correlated with time postpartum, including LALBA^{low} epithelial cells ($p = 2.9e-9$)
416 and B cells ($p=0.00074$) (Figure 2B). Generalized additive models including all samples
417 from fewer than 400 days postpartum also identified LALBA^{low} epithelial cell proportion as
418 positively associated with time postpartum (Supplemental Table 6). Alterations in the
419 composition of the epithelial compartment suggest some emergent cellular functions that
420 support later lactation, and the presence of more B cells or T cells, while still very low
421 fractions of total immune cells, could reflect increasing infant or maternal illnesses
422 reported at later time points in our cohort.

423



424

425 **Figure 1: Frequency of cell types over the course of lactation. A.** Frequency of cell
 426 types identified for each sample (top) and associated maternal and infant health
 427 information metadata (bottom) collected in user-reported questionnaires. Colored circles
 428 to the left of metadata names indicate associations of metadata with cell type (specified
 429 by color) abundances and the direction of the association via + or -. Different donors show
 430 associations in different directions with celltype's proportions (see Supplemental Table
 431 6B) **B.** Normalized cell frequencies as function of time postpartum for donors that
 432 provided at least three samples are shown for all identified cell types. Spearman

433 correlation coefficients (R) and p values are shown below each plot, and confidence
434 intervals are displayed in grey.

435 **Macrophages in human breast milk have unique transcriptional and functional**
436 **programs.** We found that the majority of immune cells in hBM over the course of lactation
437 were macrophages, agreeing with previous literature.⁶⁰ We next wanted to better
438 understand the potential functions and phenotypes of macrophages in hBM given that
439 their percentages were altered in response to formula supplementation. We performed
440 sub-clustering analyses and functional enrichment of marker genes that were identified
441 for each sub-cluster (Figure 3A and 3B, Supplemental Table 8). We found five sub-
442 clusters of macrophages that span lactation stage, where macrophage sub-cluster 0 is
443 predominantly from early milk stages, and macrophage sub-cluster 3 is predominantly
444 from later stages and donor BM16. Macrophage sub-clusters were defined by distinct
445 gene signatures and pathway enrichment results (Figure 3B and C). Macrophage sub-
446 clusters 0, 1, and 4 were defined by pathways related to interactions with T cells,
447 neutrophils, and immune tolerance, including IL-10 and PD-1 related pathways. These
448 enrichments were driven by unique sets of genes present in each sub-cluster
449 (Supplemental Table 11). Interestingly, macrophage sub-cluster 0 was defined by several
450 marker genes characteristic of lipid-associated macrophages (*LIPA*, *TREM2*) and those
451 involved in iron regulation (*FTL*).⁶¹ Macrophage sub-cluster 3 was enriched for several
452 translation-related pathways, and defined by lipid-related genes like *SCD* and *LTA4H*,
453 and stress-response genes like *NUPR1*. We caution that this sub-cluster was
454 predominantly comprised of one donor, BM16, and thus may reflect specific variations in
455 myeloid cell state related to that particular donor and time point during lactation. Finally,

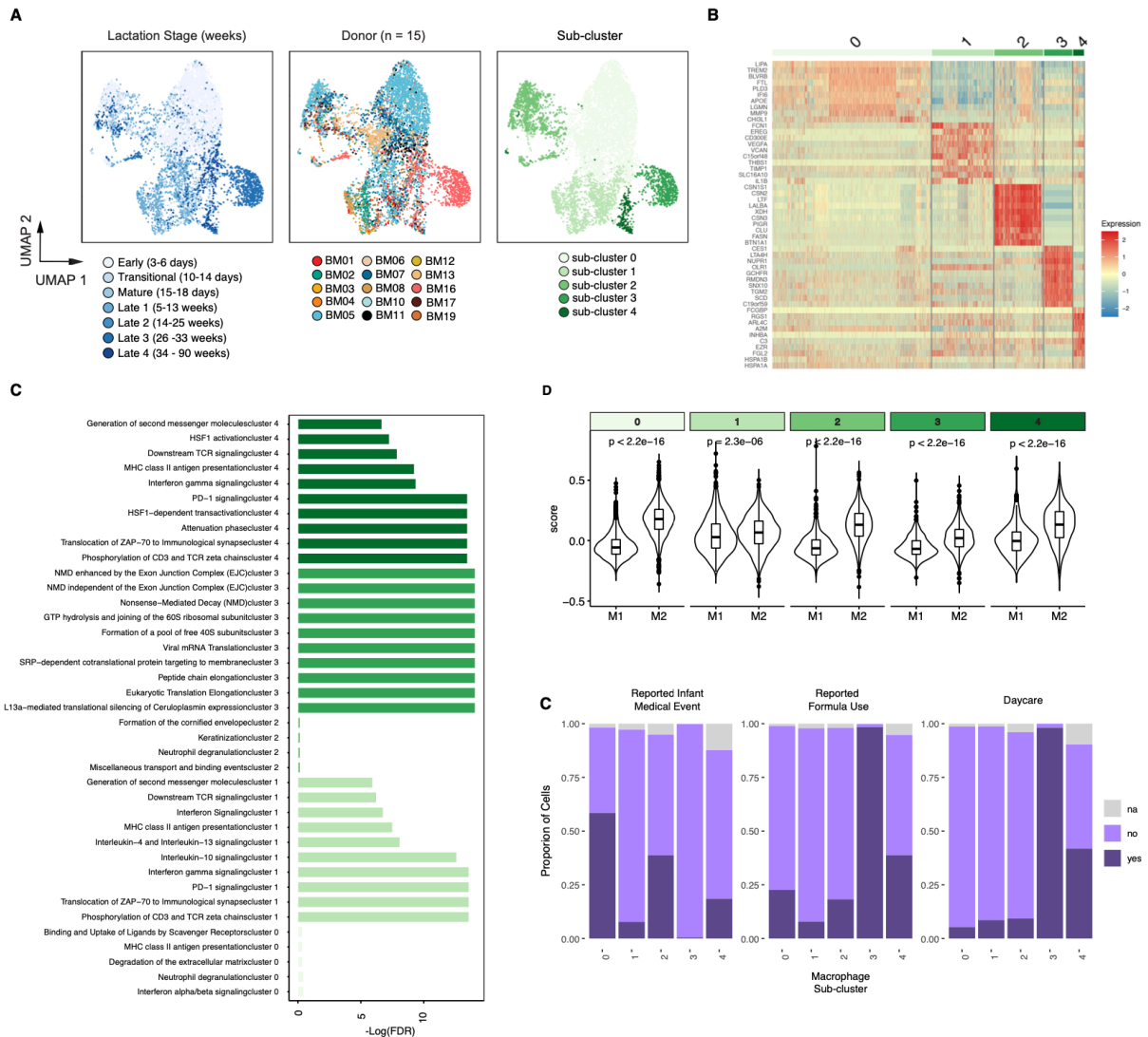
456 macrophage sub-cluster 2, which was comprised almost entirely of milk macrophages,
457 was defined by structural pathways, transport, and keratinization. This may suggest that
458 these macrophages are important for structural maintenance or have altered their
459 transcriptional state in response to their local tissue milieu, possibly via phagocytosis.⁶²
460 Future work should explore these mechanisms since hBM components have been shown
461 to promote tolerogenic phenotypes in myeloid cells.^{63,64}

462 In order to determine if macrophages in each cluster were more inflammatory (M1)
463 or anti-inflammatory (M2) in nature, we scored these clusters for M1 or M2 gene
464 signatures.^{61,65} While it is widely recognized that macrophages adopt a diverse array of
465 phenotypes in the context of tissues, conventional M1 or M2 status is a useful indicator
466 and comparison point to existing literature in the context of the lactating mammary
467 gland.^{19,58} To accomplish this, we generated module scores for M1 or M2 gene sets within
468 each macrophage sub-cluster. Overall, each sub-cluster, except for sub-cluster 1, scored
469 higher for M2-gene sets, suggesting the majority of macrophages in hBM are M2-like
470 (Figure 3D). Combined with our enrichment results, and previous literature reports in the
471 context of the mammary gland, this suggests that macrophages in hBM predominantly
472 serve immunosuppressive and tissue maintenance functions^{19,66}.

473 Finally, we determined if three meta-data variables of interest, including infant
474 medical events, weaning status, and daycare status, had any compositional variation
475 across sub-clusters (Figure 3E). We found that sub-cluster 0 had the highest proportion
476 of reported medical events, which includes both vaccines and illness. Second, we found
477 that weaning-derived macrophages were predominantly found in sub-cluster 4 (Figure
478 3E). Future work should address the functional changes in macrophages in hBM post-

479 weaning, since it is known that macrophages shift their transcriptional and functional
 480 phenotypes dramatically in response to alterations in the mammary gland.¹⁹

481



482

483 **Figure 3: Macrophage sub-clusters across lactation stage. A.** UMAP

484 projection of hBM-macrophages, colored by lactation stage (left), donor

485 (middle), and macrophage sub-cluster (right). **B.** Heatmap of top marker

486 genes for each identified macrophage sub-cluster. **C.** Reactome enrichment

487 results for each sub-cluster. Full results are shown in Supplemental Table

- 488 9. **D.** Module scoring results for M1 or M2 gene sets for each sub-cluster.
489 **E.** Composition of each sub-cluster as a function of infant medical events,
490 weaning status, and daycare.

491
492 **Epithelial cell sub-clusters in hBM are enriched for distinct functions and diversify**
493 **over the course of lactation.** In order to better understand the full heterogeneity of
494 epithelial cells in hBM over the course of lactation, we performed sub-clustering analysis
495 on the epithelial cells (see Methods). We identified six sub-clusters of epithelial cells
496 (Figure 4A, Supplemental Figure 4). We found that all epithelial sub-clusters expressed
497 genes related to milk synthesis, such as *LALBA*, *CSN2*, *XDH*,¹² and *FASN* as well as
498 canonical luminal cell markers (*EPCAM*, *KRT18*, *KRT19*), suggesting a clear luminal
499 lineage and role in milk production (Figure 4B)¹². We also found that there was
500 heterogeneous expression of several canonical mature mammary luminal markers
501 (*KRT18*, *KRT19*)¹², hormone receptors (*PRLR*, *INSR*, and *ESR1*), and stem cell markers
502 (*SOX9*, *ITGA6*) that have previously been studied in the context of hBM-derived cells⁴².

503 In order to better understand the functions of each sub-cluster, we identified
504 marker genes (Figure 4C) and performed enrichment analyses (Figure 4D). The largest
505 sub-cluster of epithelial cells, secretory lactocytes, expressed the highest levels of
506 secretory markers (*CHRD2*, *CIDEA*, *ATP2C2*) and lipid and lactose synthesis genes
507 (*FBP1*, *ACACB*). This cluster was also enriched for many pathways associated with
508 metabolic processes, ion transport, and cholesterol biosynthesis. While there is significant
509 heterogeneity within this large group of cells, this heterogeneity appeared as a continuum
510 (see Methods, Supplemental Figure 4H and Supplemental Figure 5). The second largest
511 sub-cluster, *LALBA*^{low} epithelial cells, was defined by expression of AP-1 transcription

512 factor subunits (*JUN*, *ATF3*, *FOS*) as well as *MALAT1*, *KLF6* and *CLDN4*, genes involved
513 in tight junction pathways.⁶⁷ This sub-cluster was enriched for pathways related to
514 microtubule and cellular organization (microtubule anchoring, actin polymerization or
515 depolymerization), cell-cell junction assembly, protein transport via the golgi, and ERBB2
516 signaling pointing to an involvement in the establishment and maintenance of the cell-cell
517 tight junctions which structurally support the alveolar structures in the lactating breast.

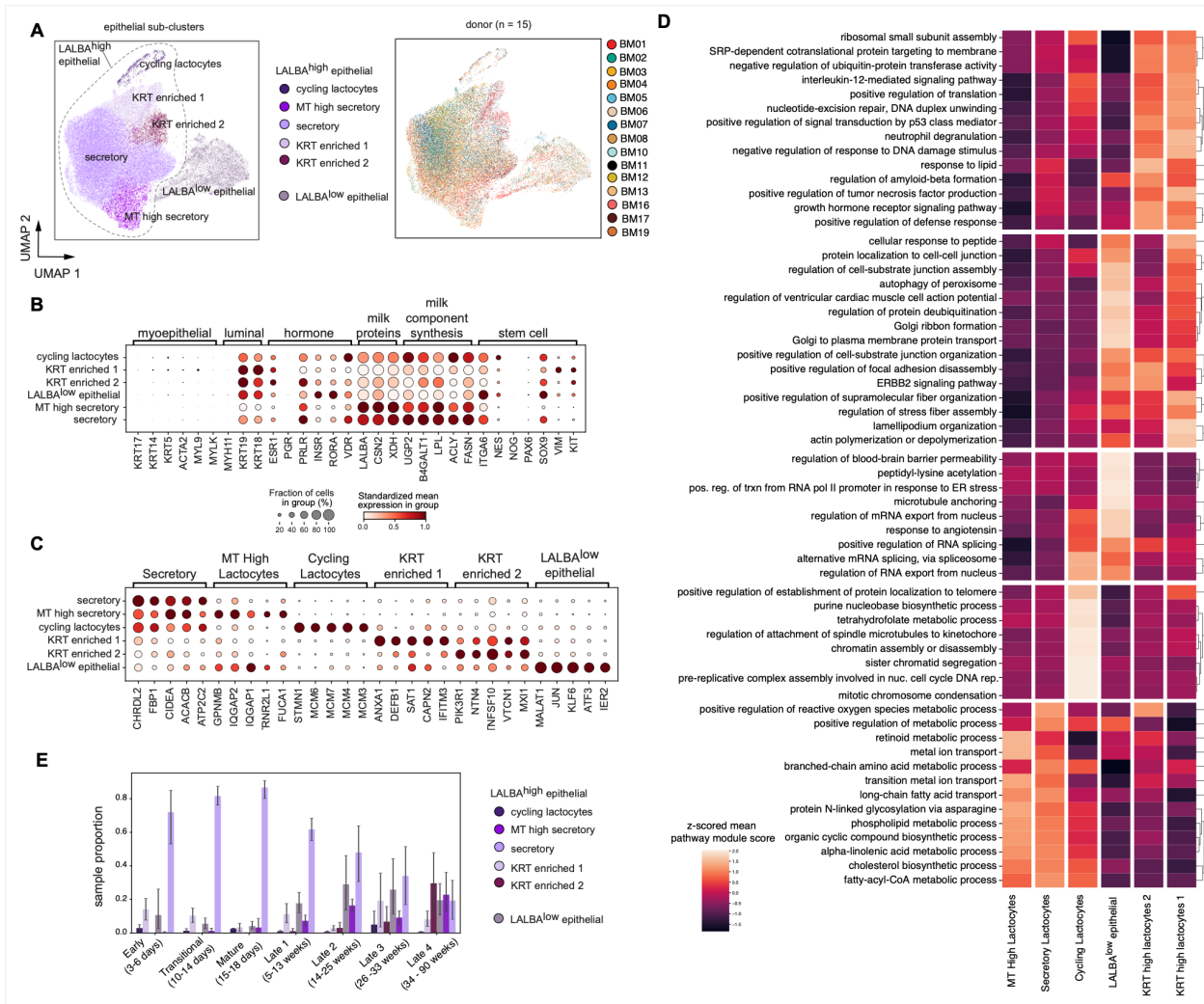
518 The cycling epithelial sub-cluster was defined by the expression of cell-cycle genes
519 (*STMN1*, *TOP2A*) and was enriched for cell-cycle related processes as well as several
520 metabolic processes, tetrahydrofolate metabolic process and purine nucleobase
521 biosynthetic process. This sub-cluster is also composed entirely of cells whose cell-cycle
522 score indicated they were in the G2M and S phases (Supplemental Figure 4C). The MT-
523 high cluster was defined by similar gene expression to the secretory epithelial cells but
524 with higher mitochondrial gene proportion (Supplemental Figure 4G). While mitochondrial
525 RNA percentage is often used as a metric for dead or dying cells in scRNA-seq analysis,
526 we maintained this cluster in the dataset because it met our very conservative threshold
527 for mitochondrial RNA percentage, showed an interesting trend of increasing proportion
528 over time, and may relate to altered metabolic activity in these cells.⁶⁸

529 The KRT high lactocyte 1 cluster was defined by expression of cytoskeleton and
530 structural genes (*S100A9*, *KRT15*, *KRT8*, *VIM*) as well as immune response genes
531 (*ANXA1*, *DEB1*, *IFITM3*, *CD74*, *HLA-B*). This sub-cluster is enriched in genes in the actin
532 polymerization or depolymerization pathway, positive regulation of defense response,
533 positive regulation of translation pathways as well as several signaling pathways. The
534 KRT high lactocyte 2 sub-cluster was enriched for similar pathways to the KRT high

535 lactocyte 1 group, but this sub-cluster shares fewer high-scoring pathways with the
536 LALBA^{low} lactocyte sub-cluster suggesting more of a supporting role in milk production.

537 Finally, we determined how these sub-clusters were changing in proportion as a
538 function of lactation stage (Figure 4E). Globally, we found that the cellular composition of
539 later lactational timepoints was more diverse as compared to earlier time points, where
540 early time points are dominated by secretory epithelial cells. All sub-clusters, except the
541 secretory and the cycling lactocytes, increase over the course of lactation. This may
542 indicate that some degree of cellular specification is acquired over the course of lactation,
543 potentially to meet changing demands on the maternal-infant dyad. For example, the
544 increase in mitochondrial activity in the MT high sub-cluster, coupled with alterations in
545 several metabolic pathways, may suggest that there are altered metabolic programs that
546 support the high lactational demand and tissue turnover in later lactation.

547



548

549

550

551

552

553

554

555

556

557

Figure 4: Sub-clustering analysis of epithelial cells reveals an increase in epithelial diversity over the course of lactation. A. UMAP visualization of epithelial cells colored by epithelial sub-cluster (left) or donor (right). **B.** Mean expression in cell subset standardized within genes (color) and percent of cells expression (dot size) of canonical mammary epithelial marker genes in each epithelial subgroup **C.** Mean expression in cell subset standardized within genes (color) and percent of cells expression (dot size) of marker genes for each epithelial subgroup identified by pseudobulk marker gene identification. **D.** Reduced top Enrichr results from the gene ontology biological processes 2021 database on the marker genes for each subgroup, colored by the mean gene set

558 score for all genes in that pathway on cells in that subgroup, scaled by a z-score across
559 subgroups. **E.** Proportions of each subgroup per sample, split by milk stage. Error bars
560 show standard deviation.

561

562 **There were significant changes in gene expression over the course of lactation in**
563 **the LALBA^{low} epithelial and secretory lactocyte sub-clusters.** We found that both the
564 fractional abundance and the overall epithelial diversity increased with time postpartum
565 in hBM. So we next asked which genes and pathways also changed over the course of
566 lactation in epithelial cells. To accomplish this, we performed differential expression with
567 pseudo-bulk populations across time postpartum within each epithelial sub-cluster (see
568 Methods). We found that there were many genes that were differentially expressed over
569 time across all epithelial cells, including several that decrease over time such as *APP*,
570 *KRT15*, and *FTH1*, and several that increase over lactational time, such as *LYZ* and *TCN1*
571 (Figure 5A). Lysozyme, encoded by the transcript *LYZ*, one of the most abundant
572 bioactive components of milk, has previously been shown to increase in later stages of
573 lactation.⁶⁹

574 Many genes were altered over the course of lactation that were unique to each
575 identified epithelial sub-cluster, with the majority of differentially expressed genes
576 identified in LALBA^{low} epithelial and secretory lactocyte sub-clusters (Supplemental Table
577 5A-B). Enrichment analyses of these differentially expressed genes (see Methods),
578 identified both shared and distinct pathways that changed with time in both cell sub-
579 clusters (Figure 5B, C and Supplemental Figure 6A). Several pathways change in
580 expression over the course of lactation in secretory lactocytes, including a decrease in

581 gluconeogenesis and oxidative phosphorylation over time, and an increase in the
582 regulation of secretion and lipid metabolic processes (Figure 5B). The cholesterol
583 biosynthesis pathway is enriched in both cell sub-clusters, but increases over time in
584 secretory lactocytes and decreases over the course of lactation in the LALBA^{low} epithelial
585 sub-cluster (Figure 5C). Additionally, over the course of lactation, pathway scores for
586 TGF-beta signaling, chromatin remodeling factors, cytoskeletal transport, vesicle
587 mediated transport, and apoptosis all increase in LALBA^{low} epithelial cells with time
588 postpartum. Taken together, we identified many pathways that are differentially altered
589 with lactation time in the major sub-clusters of epithelial cells.

590 In order to nominate key genes and factors that might be responsible for pathway-
591 level changes in these two sub-clusters, we looked at the expression of key regulators
592 that were differentially expressed with time postpartum, including those important for
593 hormone signaling, growth factor signaling, AP-1 signaling, factors involved in STAT5
594 signaling, and several milk production component genes (Figure 5D)⁷⁰⁻⁷². We found that
595 the expression of several hormone receptor genes changed in opposite directions with
596 time in the LALBA^{low} epithelial and secretory lactocyte sub-clusters, where estrogen
597 receptor (*ESR1*) and prolactin receptor (*PRLR*) increased in secretory lactocytes and
598 decreased in LALBA^{low} epithelial cells.^{13,14} Insulin receptor (*INSR*) increased in just
599 LALBA^{low} epithelial cells. Given that these receptors are crucial to orchestrating the
600 functions and tissue structure of the lactating mammary gland, our data suggests that
601 these two sub-clusters may differentially contribute to these functions over time in a
602 hormonally-regulated manner.

603

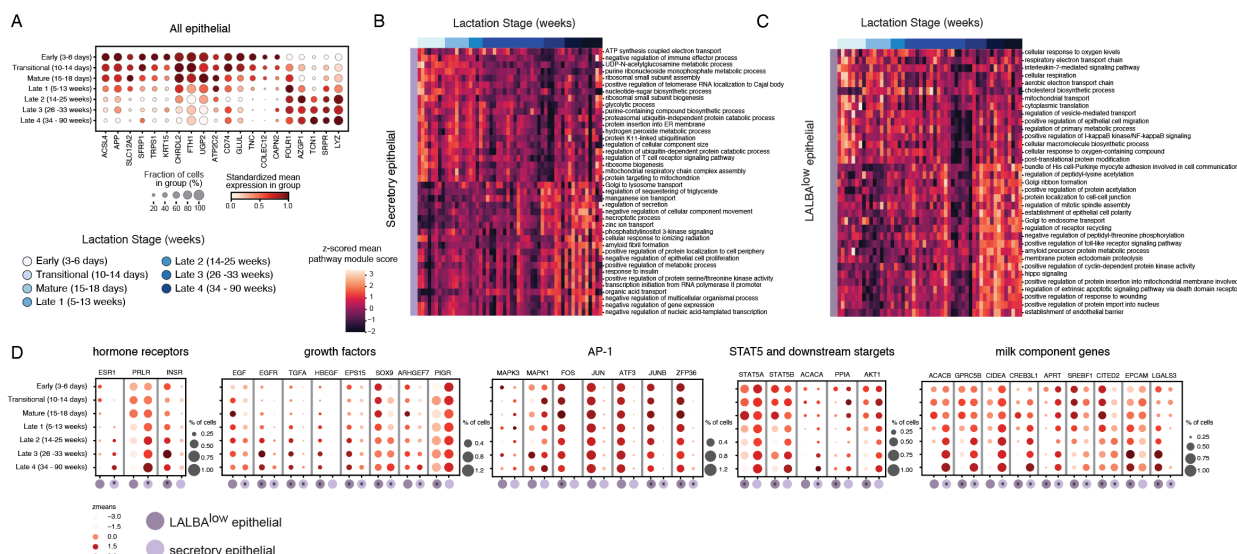


Figure 5: Transcriptional programs of luminal epithelial cells change over the course of lactation. A. Genes of interest changing over all epithelial clusters over the course of lactation, standardized expression over time. B. Reduced top enrichr GO biological process results on genes changing over time in secretory epithelial cluster and C. LALBA^{low} epithelial cluster heatmaps represent sample means of gene set scores of each pathway z-scored across samples, samples ordered by increasing time postpartum. D. hormone receptors, growth factor pathway components, AP-1 subunits, STAT5 and downstream targets, and milk component genes change with different dynamics in the LALBA^{low} epithelial and secretory lactocyte subclusters. Plots colored by mean expression of cells in each milk stage and time point z-scored across all time points and both subgroups.

DISCUSSION

619 In this study, we used scRNA-seq to provide the first in-depth characterization of
620 the transcriptional changes over the course of lactation in hBM in a single cell manner.
621 Our cohort represented a wide range of experiences of maternal-infant dyads that allowed
622 us to determine how cellular content varied over the course of lactation, and which
623 maternal and infant factors (metadata features) were correlated with hBM cellular content,
624 how cells changed their transcriptomes longitudinally, and what the full depth of cellular
625 diversity was over each lactation stage.

626 We found that the majority of immune cells in our data were macrophages and that
627 adaptive immune cells, including T cells and B cells, were only a small fraction of the total
628 recovered cells from hBM. Our top-level clustering revealed two major populations of
629 macrophages, both enriched for canonical macrophage markers like CD68. We found
630 that our CSN1S1⁺ macrophage cluster was enriched for several milk production
631 transcripts, like CSN. These could be present in this population as “passenger” transcripts
632 that originate from engulfed apoptotic bodies or these may be functionally important given
633 previously defined ductal associated macrophages express similar milk-related
634 transcripts.^{19,73} We also identified several sub-clusters of macrophages, and our GO
635 enrichment and module scoring analyses suggests that these may be more tolerogenic
636 in nature. Previous reports in mice have found extensive diversity in mammary duct
637 macrophages, and have found that these cells alter their transcriptomes significantly over
638 reproductive cycles.¹⁹ This, coupled with work in the context of breast cancer and pan
639 tissue analyses, suggests that the full functional diversity of macrophages in the human
640 breast has yet to be fully characterized.⁷⁴ Future work should seek to better understand
641 the factors that promote tolerogenic functions of macrophages during lactation, whether

642 its tissue specific or milk specific factors, and what secreted factors from macrophages
643 might support healthy mammary gland functions. The association of our macrophage
644 GPNMB⁺ cluster with formula supplementation was interesting, but our cohort was not
645 powered to investigate potential mechanisms. Future work should seek to understand
646 how formula might alter cellular composition in hBM, and whether this could impact the
647 functions of hBM-derived macrophages.

648 Through sub-clustering analyses on epithelial cells, we identified two major
649 populations of epithelial cells (LALBA^{high} and LALBA^{low}) as well as several sub-clusters of
650 LALBA^{high} epithelial cells (cycling lactocytes, KRT enriched 1, KRT enriched 2, secretory,
651 MT high secretory). These agree with previous reports, underscoring the functional
652 diversity of these cells and their difference as compared to breast tissue.¹⁶ Our data
653 suggests that LALBA^{low} epithelial cells may provide more structural support during later
654 lactation stages, while LALBA^{high} epithelial cells and its associated sub-clusters may
655 produce more milk components. Consistent with previous work, we also did not see cells
656 expressing genes expected from myoepithelial, basal or stem cells.^{16,29}

657 Unlike previous reports, our data provided a unique opportunity to determine how
658 cell types change in both composition and function over the full course of lactation, and if
659 these changes are associated with maternal-infant metadata. Our data suggests that milk
660 is dynamic over the full course of lactation, with immune cells expanding and contracting
661 within each sample over time. Previous reports have well-defined infiltration of CD45⁺
662 cells in response to mastitis and other infections, and have characterized extensively the
663 features of immune cells by canonical makers in the context of pre-term birth or
664 infection^{3,18,25,60,75}. These studies predominantly relied on flow cytometry, and here, we

665 were able to use scRNA-seq to in depth characterize alterations in cellular composition
666 with less potential bias. Given our limited sample processing (e.g. no staining or sorting),
667 we may have also recovered more macrophages than previous studies. To our
668 knowledge, our study is also the first to correlate maternal-infant dyad metadata with cell
669 proportions over the full course of lactation. We found that the proportion of LALBA^{low}
670 epithelial cells and B cells were associated with time postpartum using generalized
671 additive models; however, we acknowledge that the overall frequency of B cells in our
672 final dataset was low and precluded more in-depth analyses. Given that B cells are critical
673 to the production of antibodies and these in turn shape early immune system
674 development, future studies should seek to compare B cell repertoires from hBM and in
675 circulation to better delineate how antibodies are transferred to hBM and the importance
676 of these cells in the lactating mammary gland.

677 In addition to being correlated with time postpartum, the proportional abundance
678 of LALBA^{low} epithelial cells were positively associated with two external factors: daycare
679 attendance and hormonal birth control usage. The effect of these variables is challenging
680 to disentangle in our dataset, but our results suggest that future work should specifically
681 seek to understand how external perturbations and behaviors, potentially including
682 increased pumping frequency and circulating hormone levels, impact the mammary gland
683 specifically during later stages of lactation. Our differential expression results identifying
684 key growth factors and hormone receptors, like ESR1 and INSR, that changed in
685 expression over time in these cells suggests that these may be hormonally regulated and
686 emerge as important structural cells in later stages of lactation.

687

688 At the gene level, bulk transcriptomic studies have shown transcriptional changes
689 between colostrum, transitional and mature milk in pathways presumed to originate from
690 epithelial cells, indicating that insulin signaling, lactose synthesis, and fatty acid synthesis
691 pathways increase during these early stages of lactation.²⁶ Only a few transcriptional
692 studies have characterized the gene expression changes during later stages of lactation
693 before involution. While previous studies show higher expression levels of *PRLR*,
694 *STAT5A*, and milk protein and lipid synthesis genes during lactation when compared to
695 colostrum or involution, bulk longitudinal studies have not had the resolution to describe
696 the changes in cells co-expressing these genes.^{12,27} Additionally, more milk components
697 are transferred from the blood to the milk via tight junctions at later time points in lactation
698 and fewer components are synthesized in the lactocytes themselves.⁷⁶

699 We provide, in great detail, the epithelial cell sub-clusters in which key genes are
700 changing across both time and many donors, allowing us to gain insights into potential
701 alterations in milk transport, synthesis, and production. The LALBA^{low} epithelial cell
702 cluster, whose marker genes are enriched for genes involved in tight junctions, increases
703 in abundance over the course of lactation while we see a decrease in the proportional
704 abundance of the secretory lactocyte sub-cluster whose core enriched functions involve
705 milk component synthesis and secretion. We also see a decrease in milk component
706 synthesis related genes (*UGP2*, *CHRD2*) (Figure 5A) and a decrease in the GO terms
707 gluconeogenesis, hexose biosynthetic process, glucose metabolic process over time in
708 both clusters (Figure S6). This might suggest a decrease in transcription of milk
709 component related genes over the course of lactation. Previous studies have shown a
710 linear decrease in overall protein concentration in milk over the course of lactation as well

711 as decrease in concentrations of proteins involved in lactose and HMO synthesis.^{76–78} In
712 addition, due to our long follow up study, we were able to capture late stages of mature
713 milk (late 2-4), when usually complimentary food are presented to babies, and milk
714 demand and production decreased over time. Increased cellular specialization and
715 altered abundance of epithelial sub-clusters that we describe may provide mechanistic
716 insights into changes in the maintenance of milk secretion over the course of lactation.
717 Future work should specifically seek to understand how this relates to milk component
718 production as synthesis in the mammary gland, transport from maternal serum, or milk
719 volume production.

720 Hormones in hBM serve both as regulators of the mammary gland itself as well as
721 bioactive components passed to the infant. Lactogenesis and the initiation of lactation at
722 the end of pregnancy are tightly hormonally regulated by a drop in serum progesterone
723 allowing prolactin signaling to initiate lactation.¹³ Milk component synthesis and secretion
724 during peak lactation have also been shown to be regulated more locally in the mammary
725 gland by milk removal, autocrine hormone signaling, and in the lactocytes themselves.⁷⁹
726 Prolactin receptor (*PRLR*) is known to be involved in many aspects of the continuation of
727 lactation,^{14,80} and prolactin concentration in breast milk decreases over the course of
728 lactation.⁸¹ We found that pathways downstream of several hormone receptors, including
729 prolactin signaling, estrogen signaling, and human growth factor signaling, were enriched
730 in the marker genes of the LALBA^{high} epithelial cells, indicating that these cells are likely
731 directly hormonally regulated.

732 Interestingly, the LALBA^{low} epithelial and secretory epithelial cell sub-clusters
733 showed opposite changes in hormone receptor expression over the course of lactation

734 (Figure 5D), pointing to a possible regulatory mechanism of these synthesis and transport
735 changes vis a vis a division of labor between cell types potentially over the course of
736 lactation. *STAT5A* is a core lactational gene that is involved in proliferation, cell survival,
737 and milk component synthesis.^{70,80,82–86} Interestingly, we observe decreases in *STAT5a/b*
738 expression and downstream targets such as *AKT1*⁷², *ACACA* (a gene involved in fatty
739 acid synthesis), and *CSN2* (the gene encoding beta-casein) over the course of lactation.
740 We also found a decrease in the GO terms cellular macromolecule biosynthetic process
741 and cholesterol biosynthetic process in LALBA^{low} epithelial cells over the course of
742 lactation, all of which are related to milk component synthesis^{82,85–87}. In secretory
743 epithelial cells, expression of *PRLR* increases with time postpartum and some increase
744 in *JAK2* expression and *STAT5A* expression are also observed as well as target *ACACA*
745 in this cell subset. Taken together, our data suggests that these two groups of epithelial
746 cells may shift in their responsiveness to prolactin and prolactin-regulated *STAT5*
747 pathways over the course of lactation. This shift could explain other differential functions
748 of these cell sub-clusters over the course of lactation if, for example, the LALBA^{low}
749 epithelial cells become more responsible for milk component transport over the course of
750 lactation and increase their prolactin and JAK2/STAT5 regulated milk component
751 synthesis. We see similar alterations in the dynamic expression of several growth factors
752 that regulate milk production and secretion,⁸⁸ like *EGF*. Further studies should investigate
753 this division of cellular labor and consider the direction of this regulation and how it might
754 be leveraged therapeutically to potentially aid in milk production.

755

756 **CONCLUSION**

757 Human breast milk is a dynamic living fluid that contains millions of cells. Here, we
758 used scRNA-seq to characterize the transcriptomes of single cells from hBM across
759 lactational time. We confirm that the majority of cells in human breast milk are epithelial
760 cells, and specifically lactocytes, and that cell type frequencies are dynamic over the
761 course of lactation. Analysis of lactocytes reveals a continuum of cell states characterized
762 by subtle transcriptional changes in hormone, growth factor, and milk production related
763 pathways, that occurs over the course of lactation. These results point to changing
764 populations of milk component-producing epithelial cells whose activities over the course
765 of lactation may be hormonally regulated. We also identify several sub-clusters of
766 macrophages in hBM that are enriched for tolerogenic functions. Taken together, our data
767 provide the first detailed longitudinal study of breast milk cells with single-cell resolution.
768 Further understanding of cells over the course of lactation, including B cells,
769 macrophages, and LALBA^{low} epithelial cells, will build knowledge of the role of breast milk
770 in infant development by identifying: (i) cells that are transferred to infant gut, (ii) the
771 molecules they produce that are important for gut^{6,89} and immune system development,
772 and (iii) the nutrients supplied in hBM.

773 Our description of the cellular components of breast milk over the course of
774 lactation, and their association with maternal-infant dyad metadata, has the potential to
775 provide insights into mechanisms of milk-component production and regulation, as well
776 as variability between individuals¹. Improved understanding of pathways and activities of
777 breast milk producing cells will add to the understanding of lactation health and could
778 provide baseline information for studies of adverse lactation outcomes. Lastly, studies of
779 long term lactation, such as ours, will aid in establishing eligibility criteria for milk bank

780 donation potentially allowing donors to contribute milk after the typical one year
781 postpartum limit.⁹⁰

782

783 **ACKNOWLEDGEMENTS**

784 We thank the study participants and their families for enabling this research, Nancy
785 Tran and other members of the Shalek and Berger labs for thoughtful discussions and
786 feedback. We thank the Single Cell Portal, Terra, and Cumulus teams at the Broad
787 Institute for support on data processing pipelines and data sharing. This work was
788 supported in part by the Koch Institute Support (core) NIH Grant P30-CA14051. BAG
789 was supported by NRSA postdoctoral fellowship (F32-AI136459). AKS was supported,
790 in part, by the Beckman Young Investigator Program, a Sloan Fellowship in
791 Chemistry, and MIT (Charles E. Reed Faculty Initiative). SKN was supported by
792 National Science Foundation Graduate Research Fellowship (1122374). BEM by MIT-
793 GSK Gertrude B. Elion Postdoctoral Fellowship. MEM by Columbia University Office of
794 the Provost grants for junior faculty who contribute to the diversity goals of the
795 University. YGM was supported by Weizmann Institute of Science -National
796 Postdoctoral Award Program for Advancing Women in Science, the International
797 Society for Research In Human Milk and Lactation (ISRHML) Trainee Bridge Fund, and
798 of the Human Frontier Science Program (HFSP).

799

800

801

802 **CONFLICTS**

803

804 A.K.S. reports compensation for consulting and/or SAB membership from Merck,

805 Honeycomb Biotechnologies, Cellarity, Repertoire Immune Medicines, Ochre Bio, Third

806 Rock Ventures, Hovione, Relation Therapeutics, FL82, and Dahlia Biosciences.

807

808

809

810 **AUTHOR CONTRIBUTIONS**

811 BAG, SKN, and AKS Conceived of the study. BAG designed the study. BAG, SKN, KK,
812 RSD, and BEM optimized study protocol. BAG, SKN, KK, collected and processed
813 samples. BAG, SKN, PG, TJKH, MRR, KK performed single-cell sequencing
814 experiments. BAG, SKN, PG, MRR analyzed data under supervision of MEM, AKS, and
815 BB. YGM and NA assisted in interpretation of data. BAG and SKN wrote the original
816 draft. AKS, YGM, MEM, BEM, NA contributed to the manuscript and all authors
817 provided comments. AKS and BB acquired funding and provided resources.

818

819 **REFERENCES**

- 820 1. Neville, M. C. *et al.* Lactation and neonatal nutrition: defining and refining the critical questions. *J.*
821 *Mammary Gland Biol. Neoplasia* **17**, 167–188 (2012).
- 822 2. Jones, G., Steketee, R. W., Black, R. E., Bhutta, Z. A. & Morris, S. S. How many child deaths can we
823 prevent this year? *The Lancet* **362**, 65–71 (2003).
- 824 3. Laouar, A. Maternal Leukocytes and Infant Immune Programming during Breastfeeding. *Trends*
825 *Immunol.* **41**, 225–239 (2020).
- 826 4. Christian, P. *et al.* The need to study human milk as a biological system. *Am. J. Clin. Nutr.* **113**, 1063–
827 1072 (2021).
- 828 5. Ramani, S. *et al.* Human milk oligosaccharides, milk microbiome and infant gut microbiome modulate
829 neonatal rotavirus infection. *Nat. Commun.* **9**, 1–12 (2018).
- 830 6. Donovan, S. M. Role of human milk components in gastrointestinal development: Current knowledge
831 and future NEEDS. *J. Pediatr.* **149**, S49–S61 (2006).
- 832 7. Galante, L. *et al.* Growth Factor Concentrations in Human Milk Are Associated With Infant Weight and
833 BMI From Birth to 5 Years. *Front. Nutr.* **7**, 110 (2020).

- 834 8. Victora, C. G. *et al.* Breastfeeding in the 21st century: epidemiology, mechanisms, and lifelong effect.
835 *The Lancet* **387**, 475–490 (2016).
- 836 9. Lipworth, L. History of Breast-Feeding in Relation to Breast Cancer Risk: a Review of the
837 Epidemiologic Literature. *J. Natl. Cancer Inst.* **92**, 302–312 (2000).
- 838 10. Danforth, K. N. *et al.* Breastfeeding and risk of ovarian cancer in two prospective cohorts. *Cancer*
839 *Causes Control* **18**, 517–523 (2007).
- 840 11. Witkowska-Zimny, M. & Kaminska-El-Hassan, E. Cells of human breast milk. *Cell. Mol. Biol. Lett.*
841 **22**, 11 (2017).
- 842 12. Sharp, J. A., Lefèvre, C., Watt, A. & Nicholas, K. R. Analysis of human breast milk cells: gene
843 expression profiles during pregnancy, lactation, involution, and mastitic infection. *Funct. Integr.*
844 *Genomics* **16**, 297–321 (2016).
- 845 13. Neville, M. C., McFadden, T. B. & Forsyth, I. Hormonal regulation of mammary differentiation
846 and milk secretion. *J. Mammary Gland Biol. Neoplasia* **7**, 49–66 (2002).
- 847 14. Kelly, P. A. *et al.* The role of prolactin and growth hormone in mammary gland development.
848 *Mol. Cell. Endocrinol.* **197**, 127–131 (2002).
- 849 15. Mazzocchi, A. *et al.* Hormones in Breast Milk and Effect on Infants' Growth: A Systematic
850 Review. *Nutrients* **11**, 1845 (2019).
- 851 16. Twigger, A.-J. *et al.* *Transcriptional changes in the mammary gland during lactation revealed by*
852 *single cell sequencing of cells from human milk.*
853 <http://biorxiv.org/lookup/doi/10.1101/2020.11.06.371443> (2020) doi:10.1101/2020.11.06.371443.
- 854 17. Molès, J.-P. *et al.* Breastmilk cell trafficking induces microchimerism-mediated immune system
855 maturation in the infant. *Pediatr. Allergy Immunol.* **29**, 133–143 (2018).

- 856 18. Cabinian, A. *et al.* Transfer of Maternal Immune Cells by Breastfeeding: Maternal Cytotoxic T
857 Lymphocytes Present in Breast Milk Localize in the Peyer's Patches of the Nursed Infant. *PLOS ONE*
858 **11**, e0156762 (2016).
- 859 19. Dawson, C. A. *et al.* Tissue-resident ductal macrophages survey the mammary epithelium and
860 facilitate tissue remodelling. *Nat. Cell Biol.* **22**, 546–558 (2020).
- 861 20. Koch, M. A. *et al.* Maternal IgG and IgA Antibodies Dampen Mucosal T Helper Cell Responses in
862 Early Life. *Cell* **165**, 827–841 (2016).
- 863 21. Ardeshir, A. *et al.* Breast-fed and bottle-fed infant rhesus macaques develop distinct gut
864 microbiotas and immune systems. *Sci. Transl. Med.* **6**, 252ra120 (2014).
- 865 22. Kannan, N. & Eaves, C. J. Macrophages stimulate mammary stem cells. *Science* **360**, 1401–1402
866 (2018).
- 867 23. Atyeo, C. & Alter, G. The multifaceted roles of breast milk antibodies. *Cell* **184**, 1486–1499
868 (2021).
- 869 24. Mohammad, M. A. & Haymond, M. W. Regulation of lipid synthesis genes and milk fat
870 production in human mammary epithelial cells during secretory activation. *Am. J. Physiol.-Endocrinol.*
871 *Metab.* **305**, E700–E716 (2013).
- 872 25. Hassiotou, F. *et al.* Maternal and infant infections stimulate a rapid leukocyte response in
873 breastmilk. *Clin. Transl. Immunol.* **2**, e3 (2013).
- 874 26. Lemay, D. G. *et al.* RNA Sequencing of the Human Milk Fat Layer Transcriptome Reveals Distinct
875 Gene Expression Profiles at Three Stages of Lactation. *PLoS ONE* **8**, e67531 (2013).
- 876 27. Rudolph, M. C., McManaman, J. L., Hunter, L., Phang, T. & Neville, M. C. Functional Development
877 of the Mammary Gland: Use of Expression Profiling and Trajectory Clustering to Reveal Changes in
878 Gene Expression During Pregnancy, Lactation, and Involution. *J. Mammary Gland Biol. Neoplasia* **8**,
879 287–307 (2003).

- 880 28. Twigger, A.-J. *et al.* Gene expression in breastmilk cells is associated with maternal and infant
881 characteristics. *Sci. Rep.* **5**, 12933 (2015).
- 882 29. Martin Carli, J. F. *et al.* Single Cell RNA Sequencing of Human Milk-Derived Cells Reveals Sub-
883 Populations of Mammary Epithelial Cells with Molecular Signatures of Progenitor and Mature States:
884 a Novel, Non-invasive Framework for Investigating Human Lactation Physiology. *J. Mammary Gland*
885 *Biol. Neoplasia* **25**, 367–387 (2020).
- 886 30. Ordovas-Montanes, J. *et al.* Allergic inflammatory memory in human respiratory epithelial
887 progenitor cells. *Nature* **560**, 649–654 (2018).
- 888 31. Kazer, S. W. *et al.* Integrated single-cell analysis of multicellular immune dynamics during
889 hyperacute HIV-1 infection. *Nat. Med.* **26**, 511–518 (2020).
- 890 32. Martin Carli, J. F., Trahan, G. D. & Rudolph, M. C. Resolving Human Lactation Heterogeneity
891 Using Single Milk-Derived Cells, a Resource at the Ready. *J. Mammary Gland Biol. Neoplasia* **26**, 3–8
892 (2021).
- 893 33. Loui, A. *et al.* Vascular Endothelial Growth Factor (VEGF) and Soluble VEGF Receptor 1 (sFlt-1)
894 Levels in Early and Mature Human Milk from Mothers of Preterm versus Term Infants. *J. Hum. Lact.*
895 **28**, 522–528 (2012).
- 896 34. Semba, R. D. & Juul, S. E. Erythropoietin in Human Milk: Physiology and Role in Infant Health. *J.*
897 *Hum. Lact.* **18**, 252–261 (2002).
- 898 35. Hoeflich, A. & Meyer, Z. Functional analysis of the IGF-system in milk. *Best Pract. Res. Clin.*
899 *Endocrinol. Metab.* **31**, 409–418 (2017).
- 900 36. Ustundag, B. *et al.* Levels of Cytokines (IL-1 β , IL-2, IL-6, IL-8, TNF- α) and Trace Elements (Zn,
901 Cu) in Breast Milk From Mothers of Preterm and Term Infants. *Mediators Inflamm.* **2005**, 331–336
902 (2005).

- 903 37. Hawkes, J. S., Bryan, D.-L., James, M. J. & Gibson, R. A. Cytokines (IL-1 β , IL-6, TNF- α , TGF- β 1, and
904 TGF- β 2) and Prostaglandin E2 in Human Milk during the First Three Months Postpartum. *Pediatr. Res.*
905 **46**, 194–199 (1999).
- 906 38. Chollet-Hinton, L. S., Stuebe, A. M., Casbas-Hernandez, P., Chetwynd, E. & Troester, M. A.
907 Temporal Trends in the Inflammatory Cytokine Profile of Human Breastmilk. *Breastfeed. Med.* **9**, 530–
908 537 (2014).
- 909 39. Fischer Fumeaux *et al.* Longitudinal Analysis of Macronutrient Composition in Preterm and Term
910 Human Milk: A Prospective Cohort Study. *Nutrients* **11**, 1525 (2019).
- 911 40. Paulaviciene, I. J., Liubsys, A., Molyte, A., Eidukaite, A. & Usonis, V. Circadian changes in the
912 composition of human milk macronutrients depending on pregnancy duration: a cross-sectional
913 study. *Int. Breastfeed. J.* **15**, 49 (2020).
- 914 41. Hahn-Holbrook, J., Saxbe, D., Bixby, C., Steele, C. & Glynn, L. Human milk as “chrononutrition”:
915 implications for child health and development. *Pediatr. Res.* **85**, 936–942 (2019).
- 916 42. Hassiotou, F. *et al.* Breastmilk is a novel source of stem cells with multilineage differentiation
917 potential. *Stem Cells Dayt. Ohio* **30**, 2164–2174 (2012).
- 918 43. Hughes, T. K. *et al.* Second-Strand Synthesis-Based Massively Parallel scRNA-Seq Reveals Cellular
919 States and Molecular Features of Human Inflammatory Skin Pathologies. *Immunity* **53**, 878-894.e7
920 (2020).
- 921 44. Gierahn, T. M. *et al.* Seq-Well: portable, low-cost RNA sequencing of single cells at high
922 throughput. *Nat. Methods* **14**, 395–398 (2017).
- 923 45. Wolock, S. L., Lopez, R. & Klein, A. M. Scrublet: Computational Identification of Cell Doublets in
924 Single-Cell Transcriptomic Data. *Cell Syst.* **8**, 281-291.e9 (2019).
- 925 46. Wolf, F. A., Angerer, P. & Theis, F. J. SCANPY: large-scale single-cell gene expression data
926 analysis. *Genome Biol.* **19**, 15 (2018).

- 927 47. Tung, P.-Y. *et al.* Batch effects and the effective design of single-cell gene expression studies. *Sci.*
928 *Rep.* **7**, 39921 (2017).
- 929 48. Crowell, H. L. *et al.* On the discovery of subpopulation-specific state transitions from multi-
930 sample multi-condition single-cell RNA sequencing data.
931 <http://biorxiv.org/lookup/doi/10.1101/713412> (2019) doi:10.1101/713412.
- 932 49. Amezquita, R. A. *et al.* Orchestrating single-cell analysis with Bioconductor. *Nat. Methods* **17**,
933 137–145 (2020).
- 934 50. Love, M. I., Huber, W. & Anders, S. Moderated estimation of fold change and dispersion for
935 RNA-seq data with DESeq2. *Genome Biol.* **15**, 550 (2014).
- 936 51. Stuart, T. *et al.* Comprehensive Integration of Single-Cell Data. *Cell* **177**, 1888-1902.e21 (2019).
- 937 52. Wood, S. N. Fast stable restricted maximum likelihood and marginal likelihood estimation of
938 semiparametric generalized linear models: Estimation of Semiparametric Generalized Linear Models.
939 *J. R. Stat. Soc. Ser. B Stat. Methodol.* **73**, 3–36 (2011).
- 940 53. Fang, Z. *GSEAPy: Gene Set Enrichment Analysis in Python.* (Zenodo, 2020).
941 doi:10.5281/ZENODO.3748085.
- 942 54. Ashburner, M. *et al.* Gene Ontology: tool for the unification of biology. *Nat. Genet.* **25**, 25–29
943 (2000).
- 944 55. Goods, B. A. *et al.* Blood handling and leukocyte isolation methods impact the global
945 transcriptome of immune cells. *BMC Immunol.* **19**, 30 (2018).
- 946 56. O’Flanagan, C. H. *et al.* Dissociation of solid tumor tissues with cold active protease for single-
947 cell RNA-seq minimizes conserved collagenase-associated stress responses. *Genome Biol.* **20**, 210
948 (2019).

- 949 57. Murrow, L. M. *et al.* Changes in epithelial proportions and transcriptional state underlie major
950 premenopausal breast cancer risks. <http://biorxiv.org/lookup/doi/10.1101/430611> (2018)
951 doi:10.1101/430611.
- 952 58. Nguyen, Q. H. *et al.* Profiling human breast epithelial cells using single cell RNA sequencing
953 identifies cell diversity. *Nat. Commun.* **9**, 2028 (2018).
- 954 59. Shay, T. *et al.* Conservation and divergence in the transcriptional programs of the human and
955 mouse immune systems. *Proc. Natl. Acad. Sci.* **110**, 2946–2951 (2013).
- 956 60. Trend, S. *et al.* Leukocyte Populations in Human Preterm and Term Breast Milk Identified by
957 Multicolour Flow Cytometry. *PLoS One* **10**, e0135580 (2015).
- 958 61. Peters, J. M., Blainey, P. C. & Bryson, B. D. Consensus transcriptional states describe human
959 mononuclear phagocyte diversity in the lung across health and disease.
960 <http://biorxiv.org/lookup/doi/10.1101/2020.08.06.240424> (2020) doi:10.1101/2020.08.06.240424.
- 961 62. A-Gonzalez, N. *et al.* Phagocytosis imprints heterogeneity in tissue-resident macrophages. *J. Exp.*
962 *Med.* **214**, 1281–1296 (2017).
- 963 63. Xiao, L. *et al.* Human milk oligosaccharides promote immune tolerance via direct interactions
964 with human dendritic cells. *Eur. J. Immunol.* **49**, 1001–1014 (2019).
- 965 64. Parigi, S. M., Eldh, M., Larssen, P., Gabrielsson, S. & Villablanca, E. J. Breast Milk and Solid Food
966 Shaping Intestinal Immunity. *Front. Immunol.* **6**, (2015).
- 967 65. Martinez, F. O., Gordon, S., Locati, M. & Mantovani, A. Transcriptional Profiling of the Human
968 Monocyte-to-Macrophage Differentiation and Polarization: New Molecules and Patterns of Gene
969 Expression. *J. Immunol.* **177**, 7303–7311 (2006).
- 970 66. O’Brien, J. *et al.* Alternatively Activated Macrophages and Collagen Remodeling Characterize the
971 Postpartum Involuting Mammary Gland across Species. *Am. J. Pathol.* **176**, 1241–1255 (2010).

- 972 67. Littlejohn, M. D. *et al.* Effects of reduced frequency of milk removal on gene expression in the
973 bovine mammary gland. *Physiol. Genomics* **41**, 21–32 (2010).
- 974 68. Evers, T. M. J. *et al.* Deciphering Metabolic Heterogeneity by Single-Cell Analysis. *Anal. Chem.* **91**,
975 13314–13323 (2019).
- 976 69. Montagne, P., Cuillière, M. L., Molé, C., Béné, M. C. & Faure, G. Changes in Lactoferrin and
977 Lysozyme Levels in Human Milk During the First Twelve Weeks of Lactation. in *Bioactive Components*
978 *of Human Milk* (ed. Newburg, D. S.) vol. 501 241–247 (Springer US, 2001).
- 979 70. Tian, M. *et al.* Regulation of the JAK2-STAT5 Pathway by Signaling Molecules in the Mammary
980 Gland. *Front. Cell Dev. Biol.* **8**, 604896 (2020).
- 981 71. Avraham, R. & Yarden, Y. Feedback regulation of EGFR signalling: decision making by early and
982 delayed loops. *Nat. Rev. Mol. Cell Biol.* **12**, 104–117 (2011).
- 983 72. Boxer, R. B. *et al.* Isoform-specific requirement for Akt1 in the developmental regulation of
984 cellular metabolism during lactation. *Cell Metab.* **4**, 475–490 (2006).
- 985 73. Lantz, C., Radmanesh, B., Liu, E., Thorp, E. B. & Lin, J. Single-cell RNA sequencing uncovers
986 heterogenous transcriptional signatures in macrophages during efferocytosis. *Sci. Rep.* **10**, 14333
987 (2020).
- 988 74. Mulder, K. *et al.* Cross-tissue single-cell landscape of human monocytes and macrophages in
989 health and disease. *Immunity* **54**, 1883-1900.e5 (2021).
- 990 75. Riskin, A. *et al.* Changes in immunomodulatory constituents of human milk in response to active
991 infection in the nursing infant. *Pediatr. Res.* **71**, 220–225 (2012).
- 992 76. Verd, S., Ginovart, G., Calvo, J., Ponce-Taylor, J. & Gaya, A. Variation in the Protein Composition
993 of Human Milk during Extended Lactation: A Narrative Review. *Nutrients* **10**, 1124 (2018).

- 994 77. Allen, J. C., Keller, R. P., Archer, P. & Neville, M. C. Studies in human lactation: milk composition
995 and daily secretion rates of macronutrients in the first year of lactation. *Am. J. Clin. Nutr.* **54**, 69–80
996 (1991).
- 997 78. Zhu, J., Dingess, K. A., Mank, M., Stahl, B. & Heck, A. J. R. Personalized Profiling Reveals Donor-
998 and Lactation-Specific Trends in the Human Milk Proteome and Peptidome. *J. Nutr.* **151**, 826–839
999 (2021).
- 1000 79. Shennan, D. B. & Peaker, M. Transport of Milk Constituents by the Mammary Gland. *Physiol.*
1001 *Rev.* **80**, 925–951 (2000).
- 1002 80. Riley, L. G. *et al.* The influence of extracellular matrix and prolactin on global gene expression
1003 profiles of primary bovine mammary epithelial cells *in vitro*. *Anim. Genet.* **41**, 55–63 (2010).
- 1004 81. Ho Yuen, B. Prolactin in human milk: The influence of nursing and the duration of postpartum
1005 lactation. *Am. J. Obstet. Gynecol.* **158**, 583–586 (1988).
- 1006 82. Gouilleux, F., Wakao, H., Mundt, M. & Groner, B. Prolactin induces phosphorylation of Tyr694 of
1007 Stat5 (MGF), a prerequisite for DNA binding and induction of transcription. *EMBO J.* **13**, 4361–4369
1008 (1994).
- 1009 83. Ball, R. K., Friis, R. R., Schoenenberger, C. A., Doppler, W. & Groner, B. Prolactin regulation of
1010 beta-casein gene expression and of a cytosolic 120-kd protein in a cloned mouse mammary epithelial
1011 cell line. *EMBO J.* **7**, 2089–2095 (1988).
- 1012 84. Choi, K. M., Barash, I. & Rhoads, R. E. Insulin and Prolactin Synergistically Stimulate β -Casein
1013 Messenger Ribonucleic Acid Translation by Cytoplasmic Polyadenylation. *Mol. Endocrinol.* **18**, 1670–
1014 1686 (2004).
- 1015 85. Liu, X. *et al.* Stat5a is mandatory for adult mammary gland development and lactogenesis. *Genes*
1016 *Dev.* **11**, 179–186 (1997).

- 1017 86. Cui, Y. *et al.* Inactivation of Stat5 in mouse mammary epithelium during pregnancy reveals
1018 distinct functions in cell proliferation, survival, and differentiation. *Mol. Cell. Biol.* **24**, 8037–8047
1019 (2004).
- 1020 87. Gallego, M. I. *et al.* Prolactin, Growth Hormone, and Epidermal Growth Factor Activate Stat5 in
1021 Different Compartments of Mammary Tissue and Exert Different and Overlapping Developmental
1022 Effects. *Dev. Biol.* **229**, 163–175 (2001).
- 1023 88. Morato, A., Martignani, E., Miretti, S., Baratta, M. & Accornero, P. External and internal EGFR-
1024 activating signals drive mammary epithelial cells proliferation and viability. *Mol. Cell. Endocrinol.* **520**,
1025 111081 (2021).
- 1026 89. Chapkin, R. S. *et al.* Noninvasive stool-based detection of infant gastrointestinal development
1027 using gene expression profiles from exfoliated epithelial cells. *Am. J. Physiol.-Gastrointest. Liver*
1028 *Physiol.* **298**, G582–G589 (2010).
- 1029 90. Perrin, M. T., Fogleman, A. D., Newburg, D. S. & Allen, J. C. A longitudinal study of human milk
1030 composition in the second year postpartum: implications for human milk banking. *Matern. Child.*
1031 *Nutr.* **13**, (2017).
- 1032