

BREAST FEEDING

- Breast feeding
 - 1st week of august
- Breast feeding should be started as soon as possible [within 30 mins of delivery]
- Exclusive breast feedig for first 6 moths
- Breast feeding for 2 years
- Higher bioavailability, better digested, and absorbed than cows mik.
- Rich in lactose, iron and water
- Milk output > avg daily output in first 6

months = 500-600 ml/ day,

maximum seen in 5-6 months - 730ml/ day

- Energy = 65kcal/ day
 - Protein = 1.1 gm / 100ml more cysteine, ta
 - Fats = high PUFA, DHA
- whey protein predominant
- Vitamin a and c