

The background is a collage of various images. In the top left, there are red berries on a green leaf. In the top right, there is a pink flower. In the bottom left, there is a yellow flower. In the bottom right, there is a pink, spiky flower. The central text is overlaid on a light blue and white checkered pattern.

BREAST FEEDING VS BOTTLE FEEDING

Composition of Mature Milk



Table 6.4 Compositions of 100 mL colostrum (days 1–5 postpartum) and mature milk (day 15 postpartum)

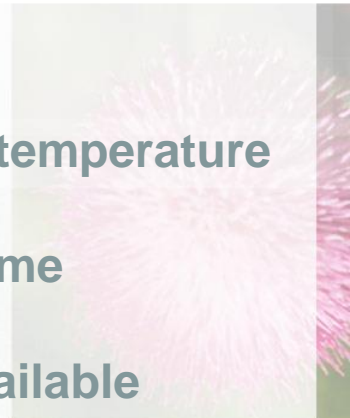
| Contents | Colostrum | Mature Milk |
|------------------------------------|------------------|-------------|
| Calories (kcal) | 55 | 67 |
| Fat (g) | 2.9 | 4.2 |
| Lactose (g) | 5.3 | 7.0 |
| Total protein (g) | 2.0 | 1.1 |
| Secretory IgA | 0.5 ^a | 0.1 |
| Lactoferrin | 0.5 | 0.2 |
| Casein | 0.5 | 0.4 |
| Calcium (mg) | 28 | 30 |
| Sodium (mg) | 48 | 15 |
| Vitamin A (µg retinol equivalents) | 151 | 75 |
| Vitamin B ₁ (µg) | 2 | 14 |
| Vitamin B ₂ (µg) | 30 | 40 |
| Vitamin C (µg) | 6 | 5 |

^aConcentration is considerably higher at 1–3 days postpartum than at days 4 and 5.

BREAST FEEDING -ADVANTAGES



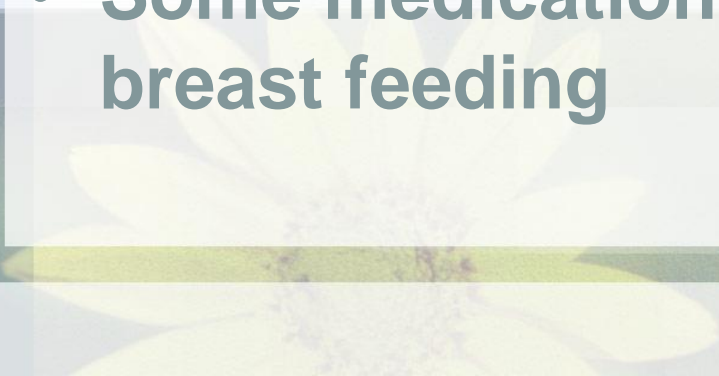
- **Good balance of nutrients**
- **Contains high levels of nutrients**
- **Easily digested and absorbed**
- **Rich in immunological components that protects infant from infections.**
- **Infant determines amount**
- **No cost & sterile.**
- **Always the right temperature**
- **No preparation time**
- **Milk is readily available**



BREAST FEEDING - DISADVANTAGES



- Mother must be present for feeding
- If feeding is missed, mother must pump
- Initially, breast feeding may be challenging
- Some medications may interfere with breast feeding



BOTTLE FEEDING - ADVANTAGES



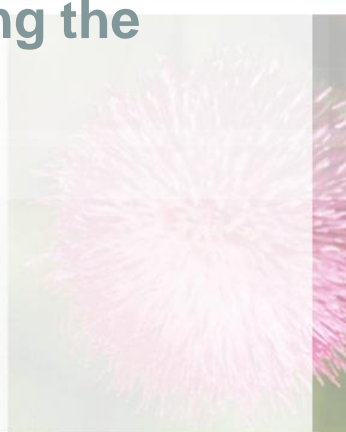
- Anyone can help feed the infant
- Formulas are made to adequately meet the nutritional needs of the infant
- May be more comfortable for some mothers to feed in public



BOTTLE FEEDING - DISADVANTAGES



- Not as effectively utilized as breast milk
- Nutritional content depends on proper preparation
- Some infants have difficulty tolerating some nutrients
- Can be costly
- Amount infant receives, determined by caregiver/pediatrician
- Preparation time varies and involves warming the formula

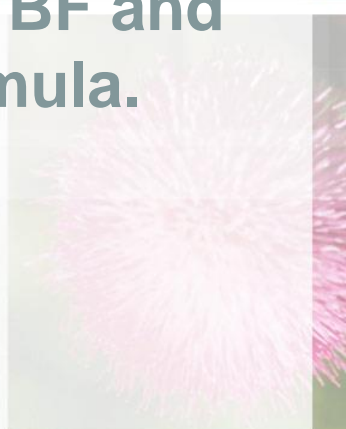


Acceptable medical reasons for bottle feeding



Infant conditions:

- very weak, have sucking difficulties or oral abnormalities
- very low birth weight or preterm infants, infants at risk of hypoglycaemia, or those who are dehydrated or malnourished
- Infants with galactosemia
- Infants with phenylketonuria may be BF and receive some phenylalanine free formula.





Maternal conditions:

- if a mother is taking anti-metabolites, radioactive iodine, or some anti-thyroid medications.
- If the mother is an intravenous drug user BF is not indicated.
- Avoidance of all BF by HIV+ mothers
- BF is not recommended when a mother has a breast abscess
- BF is not encouraged for mothers with Human T-cell leukaemia virus
- BF can be continued when mothers have hepatitis B, TB and mastitis, with appropriate treatments undertaken.



Cows milk versus human milk



- Human milk has a higher content of water and lactose , but a lower content of protein compared to cows milk, but certain vitamins and minerals that are necessary for human development may be lacking in cow's milk.



Cows milk versus human milk



- Cow's milk, however, is not suitable for infants. It lacks some of the key immunological components that are required by the human infant and the foreign proteins may trigger allergic reactions in some babies. Cow's milk should be avoided in babies and breast milk can be replaced or supplemented by appropriate milk supplements developed for infants



