

CARA TEPAT MENYIMPAN ASI PERAH

"Semakin lama disimpan, akan ada zat gizi, vitamin, dan antibodi dalam ASI yang berkurang seiring berjalannya waktu." Konselor laktasi dr Teresia Susilo



- Disimpan di bagian *chiller* kulkas, ASI dapat tahan selama lima hingga tujuh hari.
- ASI yang disimpan di *freezer* kulkas dua pintu bisa tahan antara tiga hingga enam bulan.
- Di *freezer* khusus yang suhunya -20 derajat Celsius, ASI bisa tahan sekitar enam sampai 12 bulan.

Mencairkan ASI

ASI yang dibekukan jangan langsung dipaparkan dengan suhu ruang.

Cairkan secara bertahap dengan mengeluarkannya dari freezer lalu masukkan ke *chiller*.

Setelah itu, letakkan ASI di suhu ruang baru kemudian rendam di air dengan suhu 40 derajat Celsius.

Pemberian ASI

Air Susu Ibu (ASI) merupakan makanan terbaik untuk bayi baru lahir hingga berusia enam bulan.

Setelah bayi berusia enam bulan, pemberian ASI diteruskan hingga setidaknya enam bulan lagi bersamaan dengan pengenalan makanan pendamping ASI (MPASI).

Menurut Organisasi Kesehatan Dunia (WHO), waktu terbaik untuk menyapih anak adalah saat usianya menginjak dua tahun.

Asi

Camilla Rothe



Asi :

Asi Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Asi**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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