

# 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.

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**Robert R. Redfield**



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