

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

Manuel José Andrade



Asi :

The Enigmatic Realm of **Asi** : Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Asi** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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