



# NUTRISI BÜSÜ



NENI

# TARGET ASI

- Asia Pasifik : 50%
- Indonesia: 32,5%



A learned behaviour :

- Fisiologis: semua ibu bisa memberikan ASI
- Proses menyusui adlh suatu perilaku yg harus dipelajari, tapi tidak semua orang mau melakukannya
- Partner ibu (suami, lingkungan & keluarga) memegang peranan penting

# Keuntungan



- Scr nutrisi: superior daripada alternatif lain
- Bacteriologically safe & always fresh
- Contains various antiinfections factors & immune cells
- The least allergenic to any infant food
- Breastfed babies are less likely to be overfed
- Promotes good jaw & tooth development
- Cost less
- Promotes close mother-child contact
- More convenient once the process is established

# Anjuran American Academy of Pediatric (AAP)



- ASI eksklusif selama 6 bulan & ASI dengan makanan tambahan selama 12 bulan
- Wanita yang terinfeksi HIV diberi saran agar tidak menyusui bayinya
- Inisiasi menyusui dini (the baby friendly hospital initiative)
- Global effort to ↑ the incidence & duration of breast feeding
- The become baby friendly, a hospital must agree to implement the step

# 10 cara sukses ASI



1. Have a written breast-feeding policy that is routinely communicated to all health care staff
2. Train all health care staff in the skills necessary to implement this policy
3. Informed all pregnant females about the benefits & management of breast-feeding
4. Help the mother initiate breast-feeding within a half of birth
5. Show mother how to breast-feed & how to maintain lactation, even if they are separated from their infant

# 10 cara sukses ASI



6. Give new born infant no food or drink other than breast milk unless medically indicated
7. Practice rooming in
8. Encourage breast-feeding on demand
9. Give no artificial teats or pacifier
10. Foster the establishment of breast-feeding support groups & refer mothers to them on discharge from the hospital / clinic

# Kebutuhan Nutrisi



- Lactation is nutritional demanding
- Produksi ASI dipengaruhi oleh faktor isapan bayi (milk production is most effected by the frequency of suckle)
- Increased intake of most nutrient is advised
- Milk composition varies according to mother's diets, but in general the effect is to reduce quantity, not quality (komposisi ASI tergantung pada diet ibu, tapi efeknya berpengaruh pada kuantitas, bukan kualitas ASI)

# ENERGY



- Produksi 100 ml ASI → need 85 kkal expect lacture
- 1<sup>st</sup> 6 month of lactation → 250 ml/hr (550-1200 ml/hr)
- RDA 330
- 2<sup>nd</sup> 6 month → production ↑ 600 ml/hr } ↓ E<sub>reg</sub>  
konsumsi solid food
- Konsumsi intake at least 1800 kkal/hr
- Imaged maternal fluid intake affects milk volume
- Setelah lahir ♀ in a hurry to lost weight (1/2-1 kg/bln pada 6 bulan pertama)
- Exercise → ↑ tactic acid of breast-milk-influence milk taste



# FAT (LEMAK)



- 20-25% of total calories
- Presence of long chain PUFA crucial for fetal & infant retina & brain development
- $\Omega$ -3 PUFA : 13 gr/hr
- $\Omega$ -6 PUFA : 1,3 gr/hr



# Human Milk Composition



- Influences of maternal diets
- CHO, protein, mineral      nol influence
- Influences of maternal nutritional status
- Folume ASI hanya akan berkurang jika ibu malnutrisi



# AIR & NUTRIENT SUPELEMNT



- Ibu dianjurkan banyak minum air

## NUTRIENT SUPPLEMENT

- Tidak perlu selama dietnya baik
- Beberapa butuh Fe



## PARTICULAR FOOD

- Ibu sebaiknya menghindari makanan yg berpengaruh pada rasa Asi, cth: bawang putih
- Ibu sebaiknya menghindari makanan pencetus alergi

# PERHATIAN



- Jangan mengonsumsi alkohol
- Jangan merokok
- Hati2 obat-obatan
- Lingkungan
- Cafein



I WILL MISS U ALL



Semoga Sukses