

給家長有關寶寶飲用配方奶的建議

親愛的家長，面對近期香港嬰幼兒奶粉銷售緊張的情況，我們明白你對寶寶能否繼續有足夠的奶粉飲用而感到擔憂。基於嬰幼兒營養及健康飲食的考慮，衛生署有以下有關飲奶的建議，希望可幫助你們解除疑慮：

1. 1歲以下嬰兒 → 可轉用其他牌子的配方奶

- ⊗ 初生至 6 個月的寶寶 -- 奶仍是寶寶的主要食糧。家長可選用符合食物法典標準的嬰兒配方奶(即「1」號)。為符合食物法典標準，市面上不同品牌的嬰兒配方，成分均大同小異。家長如有困難為寶寶購買慣常飲用的配方奶牌子，可以轉用其他牌子。
- ⊗ 6 至 12 個月大的寶寶 -- 他們已開始進食固體食物，你可讓他們飲用任何品牌的嬰兒配方奶(即「1」號) 或較大嬰兒配方奶(即「2」號)。
- ⊗ 一般來說，嬰兒可以直接轉用其他牌子的配方奶，只要按寶寶接受新口味的程度來調節便可。
- ⊗ 家長應用溫度不低於 70°C 的熱開水沖調奶粉 (即以電熱水煲煮沸的水，放置於室溫不超過 30 分鐘，一般能合符這溫度)，以消滅奶粉中有害的細菌。
- ⊗ 1 歲以下的寶寶並不適宜飲用牛奶。

參考資料:

- ✧ 食物安全中心網頁有關嬰幼兒奶粉檢測的結果:

http://www.cfs.gov.hk/tc_chi/consumer_zone/file/Test_Result_on_Nutritional_Composition_of_14_IF_c.pdf

http://www.cfs.gov.hk/tc_chi/press/files/2012_11_16_app1.pdf

http://www.cfs.gov.hk/tc_chi/consumer_zone/file/Test_Result_on_Nutritional_Composition_of_21_IF_c_28-12-2012.pdf

- ✧ 衛生署有關轉換奶粉及奶瓶餵哺單張:

http://www.dh.gov.hk/iodine/switching_formula_tc.pdf

http://www.fhs.gov.hk/tc_chi/health_info/files/n_2.pdf

2. 1歲或以上的幼兒 → 可讓寶寶飲用牛奶

- ⊗ 一歲以上的寶寶 -- 奶只是孩子均衡飲食的其中一部分，是一種容易獲取鈣質的來源。孩子每天飲用 360 – 480 毫升的奶，已足夠提供他們每日鈣質所需。
- ⊗ 寶寶可飲用牛奶。家長無須為寶寶轉用成長/助長配方奶粉(即「2」、「3」號等)。而且，普通牛奶比較配方奶粉便宜。
- ⊗ 選擇牛奶方面，寶寶滿一歲後可喝全脂牛奶；二至五歲則可用低脂奶，而五歲或以上可用脫脂奶。
- ⊗ 你亦可讓他吃其他含較高鈣質的食物（奶製品如乳酪和芝士、豆腐、綠葉蔬菜）去攝取足夠的鈣質。

參考資料:

- ✧ 衛生署有關轉換奶粉及「嬰幼兒健康飲食 -- 飲奶知多少?」的單張:

http://www.dh.gov.hk/iodine/switching_formula_tc.pdf

http://www.fhs.gov.hk/tc_chi/health_info/files/n_11.pdf

3. 準媽媽 → 母乳是嬰兒的最佳的天然食物，請慎重考慮以母乳餵哺寶寶。

參考資料:

- ✧ 衛生署「愛...從母乳開始」小冊子

http://www.fhs.gov.hk/tc_chi/health_info/files/b12.pdf

Recommendation to Parents on Formula Milk Feeding for Young Children

Dear parents, we are aware of the recent concern about the shortage of formula milk supply. We understand that you may be worried about not being able to continue with the formula milk your baby is drinking. The Department of Health (DH) would like to give you the following recommendations on formula milk feeding from children's nutrition and health perspective. We hope these can ease your worries.

1. Children under 1 year → Your child can switch to other brands of formula milk

- ⊕ For 0 to 6-month-old babies -- Milk is the sole source of nutrients. Choose Infant Formula (No.1 Formula) which meets the Codex Standards for Infant Formula. Infant formulae are very similar in composition as required by the Codex Standards. If you have difficulty securing the brand currently consumed by your child, you can consider switching to another brand.
- ⊕ For 6 to 12-month-old babies – They have started taking complementary food, they may either take Infant Formula (No.1 Formula) or switch to Follow-up Formula (No.2 Formula) of any brand.
- ⊕ In general, babies can change directly to another brand of formula milk. The pace will depend on your baby's acceptance.
- ⊕ Use boiled hot water of no less than 70°C (water left in the kettle for no more than 30 minutes after boiling can achieve this temperature) to make up formula milk as this kills harmful bacteria.
- ⊕ Cow milk is not suitable for babies under 1 year old.

Reference:

- ✧ Centre of Food Safety's website for results of the study on formula milk
http://www.cfs.gov.hk/english/consumer_zone/file/Test_Result_on_Nutritional_Composition_of_14_IF_e.pdf
http://www.cfs.gov.hk/english/press/files/2012_11_16_app1.pdf
http://www.cfs.gov.hk/english/consumer_zone/file/Test_Result_on_Nutritional_Composition_of_21_IF_e_28-12-2012.pdf
- ✧ Leaflets on switching formula milk and bottle-feeding from Family Health Service:
http://www.dh.gov.hk/iodine/switching_formula_eng.pdf
http://www.fhs.gov.hk/english/health_info/files/n_2.pdf

2. Children aged 1 year or above → Your child can drink cow milk

- ⊕ For children 1 year or above -- Milk is only a part of their balanced diet and a convenient source of calcium. A daily intake of 360 - 480 ml of milk largely satisfies the calcium requirement of young children.
- ⊕ You can let your child drink cow milk. Switching to Follow-up Formula (No.3, 4 Formula) marketed for these children may not be necessary. Besides, cow milk is less expensive than formula milk.
- ⊕ For the choice of cow milk, children under two years should take whole milk, those between 2 and 5 years can take low-fat milk and children above 5 years can take skimmed milk.
- ⊕ You can also give them other calcium rich foods (e.g. dairy products like yoghurt and cheese, tofu, green leafy vegetables) to meet their calcium needs.

Reference:

- ✧ Leaflet on switching formula milk and Healthy eating for infants and young children – Milk Feeding from Family Health Service
http://www.dh.gov.hk/iodine/switching_formula_eng.pdf
http://www.fhs.gov.hk/english/health_info/files/n_11.pdf

3. Expectant Mothers → Breastmilk is the best natural food for your baby. Please do consider breastfeeding your baby.

Reference:

- ✧ Leaflets on breastfeeding from Family Health Service:
http://www.fhs.gov.hk/english/health_info/class_life/child/child_bfm_breastfeeding.html