

Ozuqaviy aralashma tanqisligi haqida ma'lumot



Yoshi 1 dan kichik bolalar uchun to'g'ri ovqatlanish muhim sanaladi; ularning tez o'sishi va rivojlanishi uchun ozuqaviy elementlarning to'g'ri balansini talab etiladi.

Ko'krak sutida bularning hammasi mavjud; ozuqa aralashmalari uning o'rnini bosish va ularga bo'lgan ehtiyojni qondirish uchun maxsus ishlab chiqilgan.

Ular nima sababdan yetishmasligi mumkin?

- Ingridiyentlar, qadoqlash, ishchi kuchi hamda yetkazish ta'minotida muammolar bo'lganda.
- Yil boshidagi mahsulotlarning qaytarilishi ham vaziyatni yanada qiyinlashtirdi. Buning qancha davom etishi noma'lum, ammo mahsulotga bo'lgan o'tkir ehtiyojni inobatga olib, vaziyatni o'nglash uchun harakatlar amalga oshirilmoqda.

Ozuqa aralashmasini topa olmasangiz nima qilish mumkin?

- Namuna so'rab (agar bor bo'lsa) yoki mahsulot so'rab pediatriyaga murojaat qiling, mahalliy WIC (ayollar, go'daklar va bolalarga yordam dasturi) ofisi, 211 (United Way) raqamiga yoki oziq-ovqat bankiga/SNAP ham sizga mahsulot bor joylarni maslahat berishi mumkin.
- Katta do'konlarda mahsulot bo'lmaganda kichik do'konlar va dorixonalarni ham ko'rib chiqing.
- Ozuqaviy aralashmani alohida sotadigan sotuvchilar yoki aukionlardan ko'ra hammaga tanish saytlardan onlayn xarid qiling, chunki yuqoridagilar eskirgan yoki sifatsiz mahsulot sotishlari mumkin. Ozuqaviy aralashmalarni xorijdan xarid qilmang, chunki import qilingan ozuqaviy aralashma FDA tomonidan tekshirilmagan yoki tasdiqlanmagan bo'lishi mumkin va qabul qilingan ozuqaviy va xavfsizlik standartlariga javob bermasligi mumkin.
- Agar farzandingiz Alimentum/Nutramigen/Elecare (sotuvchi brendlari yo'q) kabi maxsus gidrolizlangan yoki aminokislotalarga asoslangan (gipoallergen) ozuqaviy aralashmalar iste'mol qilmasa, ko'pchilik bolalar uchun biror ozuqaviy aralashmadan boshqasiga, jumladan sotuvchi brendlari orasida, o'tishda muammo bo'lmaydi. Agar biror narsaga ishonchingiz komil bo'lmasa pediatriyaga bilan maslahatlashing. Brend o'zgariganda, bolalarda oshqozon og'irishi, ular biroq injiq bo'lishlari yoki ich kelishi o'zgarishi mumkin, shu orqali ular o'zgarishga moslashadilar
- Ijtimoiy tarmoq guruhlarini tekshiring. Bolalarni ovqatlanirish va ozuqaviy aralashmalarga bag'ishlangan maxsus guruhlar mavjud hamda a'zolarida ozuqaviy aralashmalarni qayerdan topish bo'yicha ma'lumot bo'lishi mumkin. Pediatriyagizning maslahatlarini tekshiring.
- Do'stingiz yoki ota-onalar guruhi bilan ozuqaviy aralashmani ulashing – imkon bo'lsa bir paxka mahsulotni "qarzga olib turing"

TAQIQLANADI

- O'z ozuqaviy aralashmangizni yaratmang – uyda tayyorlangan aralashma retseptlari sog'lom, arzonroq yoki tanqislik paytidagi qulay variant bo'lib tuyulishi mumkin, ammo ular xavfsiz emas va farzandingizning ozuqaviy ehtiyojlarini qondirmaydi. Ayrim qo'lbola ozuqaviy aralashmalardan foydalanish oqibatida bolalarning o'limi holatlari yuz bergan.
- Mahsulotni "ko'paytirish" uchun ko'proq suv qo'shmang – Aralashmani suvga to'ldirish xavfli sanaladi. Bu farzandingiz tanasida ozuqaviy balans buzilishi va jiddiy salomatlik muammosiga olib kelishi mumkin. Doimo ozuqaviy aralashmani ishlab chiqaruvchining talablariga ko'ra aralashiring.
- Sigir sutiga o'tish 1 yoshdan kichik bolalarda to'liq hazm bo'lishi qiyin, ozuqaviy balans to'g'ri bo'lmaydi, bu esa bola tanasini zo'riqishi va salomatlik muammolariga olib kelishi mumkin
- Sutli muqobil variantlardan foydalanish – bir yoshgacha bolalar uchun tavsiya etilmaydi; ayniqsa o'simlik asosidagi sutlar bo'lsa, ularda oqsil va minerallar kam bo'ladi.
- Qaytarib olingan yoki muddati o'tgan ozuqaviy aralashmadan foydalanmang
- Uchinchi darajali bolalar ozuqaviy aralashmasi bir yoshgacha bolalarga tavsiya etilmaydi, FDA boshqaruvidan tashqarida bo'ladi, boshqa iloj bo'lmaganda bir necha kun bo'lmaganda va bir yoshga yaqin muddatda foydalanish mumkin
- Zaxira – agar mahsulotni topa olsangiz, 10-14 kunga yetadigan qilib zaxiralang

Foydali havolalar

[AAP HealthyChildren.Org](http://AAPHealthyChildren.Org) axboroti

[FDA bolalar xavfsizligi: mumkin va mumkin emas](#)

[USDA WIC moslashuvchanligi](#)

[USDA go'daklar ozuqaviy aralashmasi xavfsizligi](#)

Agar ozuqaviy aralashma bo'lmasa, bolalar ozuqasini iste'mol qilishni boshlagan va hozirda sigir sutidan qilingan aralashmani iste'mol qilayotgan 6 oydan katta bolalar ozuqaviy aralashma topilgunga qadar temirga boy taomlar bilan birga qisqa muddat davomida sut ichishlari mumkin.

WIC tasdiqlangan ozuqaviy aralashmalar

Standart

Similac Advance
Similac Pro Advance
Similac 360 Total Care
Similac Organic
Pure Bliss by Similac
Enfamil Infant
Enfamil NeuroPro Infant
Enfamil Enspire
Enfamil Simply Organic
Enfamil A2
Parent's Choice Advantage (Walmart)
Parent's Choice Infant (Walmart)
Parent's Choice Organic (Walmart)
Parent's Choice Supplementation (Walmart)
Up & Up Advantage (Target)
Up & Up Infant (Target)
Mama Bear Infant (Amazon)
Mama Bear Advantage (Amazon)
Mama Bear Organic (Amazon)
Earth's Best Organic Dairy
Happy Baby Organic
Burt's Bees Organic Infant Milk
Little Journey's Advantage (Aldi)
Little Journey's Infant (Aldi)
Plum Organics Grow Well Organic
Plum Organics Premium
Kirkland Signature ProCare (COSTCO)
Kirkland Signature Infant (COSTCO)
Comforts Advantage (Kroger)
Comforts Infant (Kroger)
Member's Mark Advantage (Sam's Club)
Member's Mark Infant (Sam's Club)
HEB Baby Advantage (HEB)
HEB Baby Infant (HEB)
CVS Health Advantage (CVS)
CVS Health Infant (CVS)
Always My Baby Advantage (Giant)
Always My Baby Infant (Giant)
Tippy Toes Advantage (Weis Markets)
Tippy Toes Infant (Weis Markets)

Kam laktozali

Similac Sensitive
Similac Pro Sensitive
Similac 360 Total Care Sensitive
Enfamil NeuroPro Sensitive
Parent's Choice Sensitivity (Walmart)
Up & Up Sensitivity (Target)
Mama Bear Sensitivity (Amazon)
Earth's Best Organic Sensitivity
Happy Baby Organic Sensitive Formula
Burt's Bees Organic Sensitive
Little Journey's Sensitivity (Aldi)
Comforts Sensitivity (Kroger)
Member's Mark Sensitivity (Sam's Club)
HEB Baby Sensitivity (HEB)
CVS Health Sensitivity (CVS)
Always My Baby Sensitivity (Giant)
Tippy Toes Sensitivity (Giant Eagle, Weis Markets)

"Easy GI"

Similac Total Comfort
Similac Pro Total Comfort
Enfamil NeuroPro Gentlelease
Enfamil Gentlelease
Enfamil Enspire Gentlelease
Enfamil Reguline
Gerber Good Start Gentle
Gerber Good Start Gentle Pro
Gerber Good Start Soothe Pro
Parent's Choice Gentle (Walmart)
Parent's Choice Tender (Walmart)
Up & Up Gentle (Target)
Up & Up Complete Comfort (Target)
Mama Bear Gentle (Amazon)
Earth's Best Organic Gentle
Burt's Bees Organic Ultra Gentle
Little Journey's Gentle (Aldi)
Plum Organics Gentle
Comforts Gentle (Kroger)
Comforts Tender (Kroger)
Member's Mark Gentle (Sam's Club)
CVS Health Complete Comfort (CVS)
HEB Baby Complete Comfort (HEB)
Always My Baby Gentle (Giant)
Tippy Toes Gentle (Giant Eagle, Weis Markets)

Soya

Similac Isomil
Enfamil Prosoabee
Gerber Good Start Gentle Soy
Parent's Choice Soy (Walmart)
Up & Up Soy (Target)
Mama Bear Soy (Amazon)
Earth's Best Non-GMO Plant Based Soy
Little Journey's Soy (Aldi)
Comforts Soy (Kroger)
CVS Health Soy (CVS)
HEB Baby Soy (HEB)
Tippy Toes Soy (Weis Markets)

Guruch qo'shilgan

Similac For Spit Up
Enfamil AR
Parent's Choice Added Rice (Walmart)
Up & Up Added Rice Starch (Target)
Comforts Added Rice Starch (Kroger)
CVS Health Added Rice Starch (CVS)
HEB Baby Added Rice Starch (HEB)
Tippy Toes Added Rice Starch (Weis Markets)

Qisman bo'lingan ozuqaviy aralashmalar (Foydalanishdan oldin shifokor bilan maslahatlashing)

Similac Alimentum
Mead Johnson Nutramigen
Mead Johnson Pregestimil
Gerber Extensive HA
Parent's Choice Hypoallergenic (Walmart)
Up & Up Hypoallergenic (Target)
Comforts Hypoallergenic (Kroger)
CVS Health Hypoallergenic (CVS)
Well Beginnings Hypoallergenic (Walgreens)
Tippy Toes Hypoallergenic (Weis Markets)
HEB Baby Hypoallergenic (HEB)

Erta tug'ilgan chaqaloqlarga ozuqaviy aralashmalar

Similac Neosure
Enfamil NeuroPro Enficare

Elementlardan iborat aminokislotali aralashma

Neocate Infant
Neocate Syneo
Elecare Infant
Mead Johnson Puramino DHA & ARA (infant)
Nestle Alfamino Infant

