

## **Raleigh Pediatrics Recommendation for Exclusively Breast Fed Infants**

A healthy maternal diet is important for breast fed infants.

### ***Vitamin Supplements***

The vitamin D content of human breast milk is low (about 22 iu/l) and rickets (vitamin D deficiency) can occur in breast fed infants who are deeply pigmented or who do not have adequate exposure to sunlight. Therefore, we recommend vitamin D supplementation (400 iu/l) for breast fed infants. This can be provided by 1(one)ml per day of Tri-Vi-Sol, starting at birth and continuing until the infants receives more then 15 oz per day of infant supplemental formula.

### **At 4-6 months**

#### ***Iron Supplement***

Iron Deficiency rarely develops before 4-6 months of age in breast fed infants. Although human milk has a low iron content (0.3mg per liter), about half of it is absorbed. By six months, another source of iron in the diet is required. We recommend that iron fortified cereal be added. Premature infants (less than 34 weeks gestation) should receive supplemental iron drops by 2 months of age. In addition, iron fortified foods should be added by 6 months of age.

### **At 6 months**

#### ***Fluoride***

Supplemental may be required after 6 months of age.