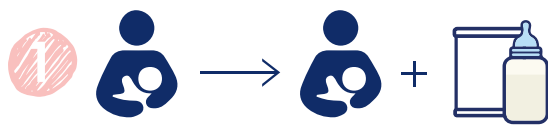


# 4 Common Feeding Transitions

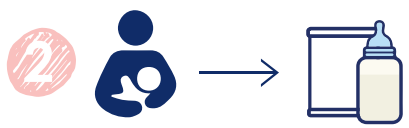
For families in search of guidance during feeding transitions, we are sharing some best practices. These are guidelines, not rules! Ultimately, the best approach to feeding transitions will be the one that works best for you and your little one.



## Exclusive Breastmilk to Breastmilk + Formula (aka combo feeding)

A common combo feeding strategy is to continue to breast feed first during each feed, then top-up with formula. This method **helps maintain milk supply** because you empty the breast fully during each feed.

Alternatively, you may choose to pick a few feeding sessions during the day to replace with formula. If you choose this method, it's important to know that **more time between breastfeeding sessions means mothers are more likely to experience diminished milk supply.**



## Exclusive Breastmilk to Formula

For mothers who need or desire to make a transition from breastfeeding to exclusive formula feeding, it's recommended to first pick a few feeding sessions during the day to replace with formula.

Ideally, mothers who are trying to suppress their milk supply can do so over time, phasing out one feed or pump session every couple day, and/or shaving off a few minutes during each feed. A gradual transition can help avoid engorgement and reduce the risk of blocked ducts or mastitis.

Implementing gentle breast massage and hand expression can be helpful in instances where mothers may need to stop breastfeeding more abruptly.



## Current Formula to New Formula

If you're wanting to make a formula switch and/or "Go-Goat!", a 5-day transition is recommended. In each bottle throughout the day, mix the formula you are currently using with your new formula choice. Gradually increase the amount of new formula and decrease the amount of current formula used each day.



## Formula or Breastmilk to Whole Cow's Milk (or milk alternative)

The American Association of Pediatrics recommends breastmilk or whole cow's milk as a primary beverage at one year of age.

For families interested in milk alternatives, we recommend reviewing '**Kabrita Goat Milk Toddler Formula, Cow Milk and Other Milk Alternatives**' comparison chart on the back of this handout to see how different milks compare nutritionally.

One common way to transition to milk is to pick a few feeding sessions during the day and replace them with undiluted milk. If your baby refuses undiluted milk, consider a more gradual transition; combine current feeding method with milk, increasing the amount of milk each time.



# Kabrita Goat Milk Toddler Formula, cow milk and other milk alternatives

Nutrients	Unit	Kabrita Goat Milk Toddler Formula	Cow Milk (Fluid)	Goat Milk (Fluid)	Almond Milk	Rice Milk	Soy Milk	Coconut Milk	Cashew Milk
		Per 1 cup (8 oz)	Per 1 cup (8 oz)	Per 1 cup (8 oz)	Per 1 cup (8 oz)	Per 1 cup (8 oz)	Per 1 cup (8 oz)	Per 1 cup (8 oz)	Per 1 cup (8 oz)
Energy	Kcal	160	146	168	60	120	110	80	60
Fat	g	7.44	7.9	10.1	2.5	2.5	4.5	5	2.5
Linoleic acid	g	1.25	-	-	-	-	-	-	-
Linolenic acid	mg	106	-	-	-	-	-	-	-
AA	mg	40.8	-	-	-	-	-	-	-
DHA	mg	23.5	-	-	-	-	-	-	-
Carbohydrate	g	18.5	11.0	10.9	8	23	9	7	9
Protein	g	4.32	7.9	8.6	1	1	8	0	<1
Vitamin A	IU	497	227	463	500	500	500	500	500
Vitamin D3	IU	93.6	98	29	100	100	120	100	100
Vitamin E	IU	3.36	0.2	0.2	6	-	-	-	15
Vitamin K1	mcg	14.2	0.5	0.7	-	-	-	-	-
Vitamin C	mg	20.4	0	3.2	0	0	9	0	0
Vitamin B1	mcg	125	107	110	-	-	-	-	-
Vitamin B2	mg	0.22	0.45	0.33	0.068	-	0.51	-	0.51
Vitamin B6	mcg	98.4	88	110	-	-	-	-	-
Vitamin B12	mcg	0.48	1.07	0.17	-	1.5	3	3	3
Niacin	mg	1.62	0.26	0.67	-	-	-	-	-
Folic acid	mcg	24	12	2	-	-	60	-	-
Pantothenic acid	mg	0.83	0.88	0.75	-	-	-	-	-
Biotin	mcg	7.92	-	-	-	-	-	-	-
Calcium	mg	141	276	327	450	300	450	450	450
Phosphorus	mg	93.6	222	271	-	150	250	-	-
Magnesium	mg	13.7	24	34	16	-	60	-	16
Iron	mg	3.12	0.07	0.12	0.36	0.72	1.44	0.36	0.36
Zinc	mg	1.62	0.9	0.7	-	-	-	-	1.5
Manganese	mcg	24	7	40	-	-	-	-	-
Copper	mcg	118	27	110	-	-	-	-	-
Iodine	mcg	23.5	-	-	-	-	-	-	-
Sodium	mg	50	98	122	160	100	105	35	170
Potassium	mg	187	349	498	35	65	370	40	30
Chloride	mg	134	-	-	-	-	-	-	-
Selenium	mcg	4.32	9.0	3.4	-	-	-	-	-
Choline	mg	38.4	-	-	-	-	-	-	-
Inositol	mg	9.84	-	-	-	-	-	-	-

\* Kabrita Goat Milk Toddler Formula is not suitable for children with a confirmed cow milk protein allergy (CMPA). Please contact your primary healthcare provider to discuss your child's nutritional requirements and the available feeding options.