

## Product Information Sample (Feeding Bottles & Teats)

### 產品資訊樣本(奶瓶及奶嘴)

XX 奶瓶  
XX Feeding Bottle



#### \*重要事項 IMPORTANT NOTICE

母乳餵哺是餵哺嬰幼兒的正常方法。母乳是促進他們健康成長和發育的天然食物。食用母乳替代品或會構成嬰幼兒腹瀉及其他病症的風險。

Breastfeeding is the normal means of feeding infants and young children. Breastmilk is the natural food for their healthy growth and development. Use of breastmilk substitutes may put infants and children at risk of diarrhoea and other illnesses.

#### \*警告 WARNING

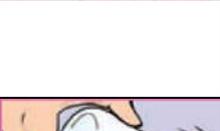
小心依照清潔和消毒指示，對你嬰兒的健康至為重要。如你使用奶瓶，你的嬰兒或不再想從乳房吮奶。

It is important for your baby's health that you follow cleaning and sterilization instructions very carefully. If you use a feeding bottle, your baby may no longer want to feed from the breast.

#### 清潔及消毒指示

cleaning and sterilization instructions

#### 清潔 Cleaning feeding bottle

Step 1 第 1 步		Wash your hands with soap and water and dry using a clean cloth. 用香皂和水清洗雙手，然後用乾淨的毛巾擦幹。
Step 2 第 2 步		Wash all feeding and preparation equipment thoroughly in hot soapy water. Use a clean feeding bottle and teat brush to scrub the inside and outside of feeding bottles and teats to make sure that all remaining feed is removed from the hard-to-reach places. 在熱肥皂水中徹底清洗所有餵哺和沖調工具。使用乾淨的瓶刷和奶嘴刷擦洗瓶子和奶嘴內外，確保清除各個死角殘留的奶液。
Step 3 第 3 步		Rinse thoroughly in safe water. 在乾淨的水中徹底沖洗。

#### 消毒 Sterilization

Step 1 第 1 步		Fill a large pan with water. 在大鍋中注水。
Step 2 第 2 步		Place the cleaned feeding and preparation equipment into the water. Make sure that the equipment is completely covered with water and that no air bubbles are trapped. 將清洗後的餵哺和沖調工具放入水中。確保工具完全沒入水中，內部沒有殘存的氣泡。
Step 3 第 3 步		Cover the pan with a lid and bring to a rolling boil, making sure the pan does not boil dry. 蓋上鍋蓋，煮至沸騰，注意水不能燒幹。
Step 4 第 4 步		Keep the pan covered until the feeding equipment is needed. 在您需要使用餵哺工具時再打開鍋蓋。

Picture and text is adopted from World Health Organisation's document, "How to Prepare Formula for Bottle-Feeding at Home"

圖畫及內容根據世界衛生組織文件「如何沖調嬰兒配方乳粉讓您在家用奶瓶餵哺」

不應讓嬰兒獨自食用，也不應讓兒童長時間獨自食用，因過長時間接觸加糖液體，包括配方奶，或會引致嚴重蛀牙。

Infants should not be left to self-feed at all and children should not be left to self-feed for long periods of time because extended contact with sweetened liquids, including formula milk, may cause severe tooth decay

母乳餵哺是餵哺嬰幼兒的正常方法。母乳是促進他們健康成長和發育的天然食物，較配方奶更為優越。食用配方奶或會使嬰幼兒面臨腹瀉、肺炎及其他病症的風險，而他們的母親患上乳癌的風險也會較高。

Breastfeeding is the normal means of feeding infants and young children. Breastmilk is the natural food for their healthy growth and development and is superior to formula milk. Use of formula milk may put infants and children at risk of diarrhoea, chest infections and other illnesses and their mothers at a higher risk of breast cancer.

嬰兒出生後首六個月應以純母乳餵哺，其後繼續母乳餵哺至兩歲或更長時間，同時開始進食含有充分營養和安全的補充食品。

Infants should be exclusively breastfed for the first 6 months of life and with the introduction of nutritionally adequate and safe complementary foods, continue breastfeeding for up to 2 years of age or beyond.

\*Exact wording is required

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應在嬰兒出生後盡快開始母乳餵哺，並在嬰兒需要進食時盡量以母乳餵哺。

Start breastfeeding as soon as possible after birth and as often as required by the infant.

開始以配方奶餵哺，便會減少母乳的分泌。一旦停止母乳餵哺，或會難以重新開始以母乳餵哺。

Introducing formula milk feeding will reduce the production of breastmilk. It may be difficult to go back to breastfeeding after breastfeeding is stopped.

應徹底清潔餵哺器具(奶瓶、瓶蓋和奶嘴)。所有餵哺器具都應消毒。輕輕旋轉奶瓶，直至奶粉完全溶解。

Wash feeding utensils (feeding bottle, cap and nipple) thoroughly. Swirl the feeding bottle gently until the powder dissolves completely.

配方奶粉在製造過程或會受微生物污染，或在配製過程中受到污染。不妥當使用、配製和貯存配方奶會使嬰幼兒的健康蒙受風險。

Powdered formula milk may be contaminated with microorganisms during the manufacturing process or may become contaminated during preparation. Improper use, preparation or storage of formula milk puts the health of infants and children at risk.

配方奶必須每次以冷卻至不低於 70°C 的沸水配製一餐的分量。棄置在沖調後兩小時內尚未飲用的分量。

It is necessary for formula milk to be prepared one feed at a time using boiled water allowed to cool to no less than 70°C. Discard any feed that has not been consumed within 2 hours after reconstitution.

假設 900 克的配方奶粉每罐為 250 元，嬰兒每月食用三罐，則估計第一年購買奶粉所需的費用為 9,000 元，當中不包括奶瓶和奶嘴、食水、燃料及消毒設備的費用，也不包括增加患病所引致的醫療費用。Assuming each can of 900g formula milk powder costs \$250 and the infant consumes 3 cans per month it is estimated that \$9000 is required to purchase milk powder for the first year, excluding the cost of feeding bottles and teats, water, fuel and sterilizing equipment, and the medical costs of increased illnesses.