



## Points To Remember When Transitioning Baby From Formula Milk To Whole Milk



Start by replacing one formula feed in a day with whole cow milk.



Introduce 8 fl. Oz. (a cup) of whole milk in a feed.



Use a sippy cup instead of a milk bottle to reduce the risk of tooth decay.



Transition to cow milk from breast milk/formula gradually.



If the baby dislikes cow milk taste, mix equal parts of whole milk with breast milk/formula.



Do not mix formula powder directly with whole milk.



Serve cow milk along with solid meals, such as cereals.



Limit the daily intake of cow milk to three cups for babies aged 12-24 months.