



הכי קרוב לאמא

Published on ????? (<https://www.materna.co.il>)

?? ???? >

---

???? ?? Topic Page

X







[7]

**?? ????? ?? ??? ??? ?????? ????? ?????? ???????** [7]

???? ????? ?????? ?????? ?????? ?? ??? ????? ?????? ?????? ??? ?????? ??? ?????? ?????? ??? ??  
???? ???????. ?????? ??? ?????? ?????????? ?????? ?????? ??????.



[8]

## **HMO ???? ???** [8]

???? ??????? ?? ???? ?-HMO ???? ?? - ????? ????????? ??????? ???? ????????? ???? ????,  
???????? ?????? ?? ?????? ??????? ?? ?-HMO 2'FL ?????? ?????? ???? ??.



[9]

**???? ?????? ???????** [9]

??? ?? ??? ?????? ?????? ??????? ?????????? ?????? ?????? ??? ??? ??????? ??????, ?? ?? ?? ??????  
????????? ????????.  
??? ?????? ?????? ???????.



[10]

**??? ?? - ????? ?? ???? ??????? ???** [10]

?????? ?????? ????????? ?? ????? ????? ????????? ?? ??????? ?? ??? ???. ??????? ??????? ??????  
?-HMO, ?????????????????? ????? ???, ?????????? ????????? ?????????? ?? ????????? ??????????





[12]

**????? ???? [12]**

?????? ???? ?????? ?????? ?? ???????. ??? ????? ?????? ??? ?????? ?? ??????. ?????? ??? ??  
???????? ?????? ?????, ?? ??? ?????? ????????? ??????? ?????? ?? ?? ????????? ??? ??? ???????  
???????? ??????.





[13]

**????? ?????** [13]

????, ??? ? ?????. ?? ? ???? ? ???? ?????... ??? ??? ?????? ?????? ????? ????  
?? ?? ??????! ?? ?? ? ????????



[14]

**???? – ???? ?????** [14]

????? ??? ?????? ??????? ?????? ???????





[16]

**????? ??? ??** [16]

?? ?? ?????? ????? ?? ?????? ??? ?? . ????? ????? ?????? ?? ?????, ????? ?????? ?????? ?????  
?????? ?????? ??? ?????? ?? ?????? ??????????



[17]

**????? ?????? ?????? 3 ??????? ???????** [17]

????????? ?????????? ?????? ?????? ?????????? ?????????? ?? ?????????? ??????? ?????????? ?????? ??????????  
?????? 3, 6 ?????????? ??????? ??????? LC-PUFA ?????? DHA (?????? 3)



[18]

**????? ??????? – ?????? ????????** [18]

???????? ?????????? ?????? ??????? ??? ?????? ?????? ??? ?????? ?????? ?? ?? ?? ??????. ?????? ?????? ?? ?????? ?????? ?????? ?????? - ?????? ?????? ?????? ?????? ??? ??? ?????? ??? ?? ??????.

---

**URL ???????:** <https://www.materna.co.il/breast-feeding>

**?????????**

- [1] <https://www.materna.co.il/breast-feeding>
- [2] <https://pinterest.com/pin/create/button/?url=https://www.materna.co.il/breast-feeding&media=https://www.materna.co.il/sites/default/files/styles/thumbnail/public&description=????>
- [3] <https://twitter.com/share?text=%D7%94%D7%A0%D7%A7%D7%94&url=https%3A//www.materna.co.il/breast-feeding>
- [4] <https://www.facebook.com/sharer/sharer.php?u=https://www.materna.co.il/breast-feeding>
- [5] <https://api.whatsapp.com/send?text=https://www.materna.co.il/breast-feeding&title=????>
- [6] <https://www.materna.co.il/printpdf/2628889>
- [7] <https://www.materna.co.il/mh-hvpk-t-kh1b-hm-lmzvn-htvb-byvtr-bvlm>
- [8] <https://www.materna.co.il/hmo-bkhlb-hm>
- [9] <https://www.materna.co.il/pregnancy-birth/article/tips-for-successful-breastfeeding>
- [10] <https://www.materna.co.il/khlb-m-hhgnh-hky-tvbh-ltynvq-shlk>
- [11] <https://www.materna.co.il/6-12-months/article/benefits-of-breastfeeding-and-breast-milk>
- [12] <https://www.materna.co.il/6-12-months/article/breastfeeding-methods>

- [13] <https://www.materna.co.il/6-12-months/article/breastfeeding-training>
- [14] <https://www.materna.co.il/6-12-months/article/breastfeeding-in-fact>
- [15] <https://www.materna.co.il/6-12-months/article/mother-milk>
- [16] <https://www.materna.co.il/6-12-months/article/breastfeeding>
- [17] <https://www.materna.co.il/0-6-months/article/impact-of-Omega-3-intake-in-pregnancy-and-breastfeeding>
- [18] <https://www.materna.co.il/0-6-months/article/baby-Nutrition-first-steps>