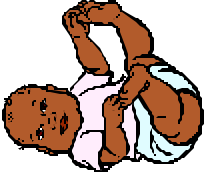


# Benefits of Breastfeeding

## Human milk is uniquely suited for human infants



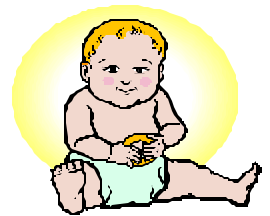
- Human milk is easy to digest and contains all the nutrients that babies need in the early months of life.
- Factors in breast milk protect infants from a wide variety of illnesses.
- Fatty acids, unique to human milk, may play a role in infant brain and visual development.
- In several large studies, children who had been breastfed had a small advantage over those who had been artificially fed when given a variety of cognitive and neurological tests, including measures of IQ.

## Breastfeeding saves lives

- Lack of breastfeeding is a risk factor for sudden infant death syndrome (SIDS).
- Human milk may protect premature infants from life-threatening gastrointestinal disease.

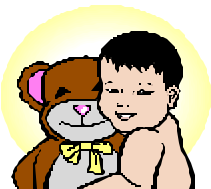
## Breastfed infants are healthier

- Infants who are exclusively breastfed for at least 4 months, are half as likely as artificially fed infants to have ear infections in the first year of life.
- Breastfeeding reduces the incidence, and lessens the severity of a large number of bacterial infections, including meningitis.
- Breastfeeding protects against a variety of illnesses, such as diarrhea and infant botulism.
- Evidence suggests that exclusive breastfeeding for at least two months protects susceptible children from Type I insulin dependent diabetes mellitus (IDDM).
- Breastfeeding may reduce the risk for subsequent inflammatory bowel disease, multiple sclerosis and childhood lymphoma.



## Breastfeeding helps mothers recover from childbirth

- Breastfeeding helps the uterus to shrink to its prepregnancy state and reduces the amount of blood lost after delivery.
- Mothers who breastfeed for at least 3 months may lose more weight than bottle-feeding mothers.
- Breastfeeding mothers usually resume their menstrual cycles 20 to 30 weeks later than bottle-feeding mothers.



## Breastfeeding keeps women healthier throughout their lives

- Breastfeeding can help in child spacing among women who do not use contraceptives.
- Breastfeeding reduces the risk of breast and ovarian cancer.
- Breastfeeding may reduce the rise of osteoporosis.
- During lactation, total cholesterol, LDL cholesterol, and triglyceride levels decline while the beneficial HDL cholesterol level remains high.

## Breastfeeding is economical

- The cost of artificial baby milk has increased 150 percent since the 1980's.
- Breastfeeding reduces health care costs.



## Breastfeeding is environmentally sound



- Unlike artificial baby milk, breastfeeding requires no fossil fuels for its manufacture or preparation.
- Breastfeeding reduces pollutants created as by-products during the manufacture of plastics and artificial baby milk.
- Breastfeeding reduces the burden on our landfills.

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