The Amazing Benefits of Breastfeeding

Breast Milk is a Complete Food

- *Vitamins and minerals, healthy fatty acids and cholesterol:* Critical for brain development
- *Lactose:* Provides calories and energy for growth
- *Antibodies:* Provide natural immunity to illnesses, leading to fewer ear, respiratory, stomach, and intestinal infections.
- *Growth Factors:* Enhance your baby's gut and brain development, helps augment emotional perception and social development
- Please note that milk sugars (oligosaccharides) are not found in infant formula. They're unique to breast milk. Sugars in breast milk and infant formula are NOT the same! In fact, many infant formulas have as much sugar as a can of soda.

How Breastfeeding Benefits the Mother

- Nursing helps a woman shed that extra "baby weight"
- ↓ Diabetic mothers' need for insulin - lactation lowers glucose levels
- ↓ Risk of woman with gestational diabetes from becoming lifelong diabetics.
- ↓ Risk of metabolic syndrome
- ↓ Risk of cardiovascular disease later in life
- ↓ Risk of endometrial, ovarian, and breast cancers

How Breastfeeding Benefits the baby

- ↓ Risk of asthma, allergies, respiratory and gastrointestinal illnesses, diabetes, obesity
- ↑ IQ score