

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

