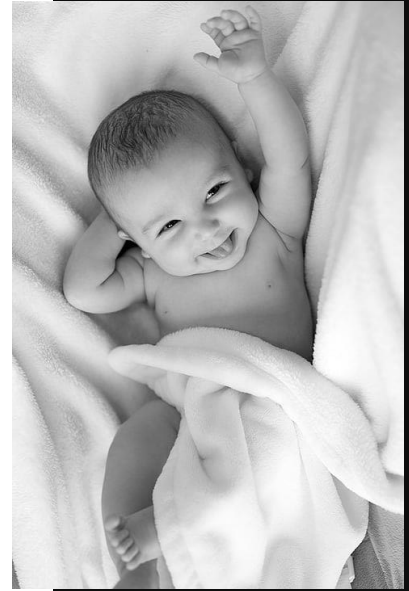


# BENEFITS OF BREASTFEEDING

## FOR BABY

- **Nutrients:** Breastmilk, mainly colostrum made just after birth, contains vital nutrients that protect your baby from infections and helps your baby's digestive system grow and function.
- **Digestion:** Breastmilk is easier to digest than formula.
- **Fights Disease** and lowers risk of chronic illnesses, such as:
  - Asthma
  - Some cancers
  - Childhood obesity
  - Ear infections
  - SIDS
  - Type 2 diabetes



## FOR MOM

- **Closer bond:** Physical contact with baby helps them feel secure and comforted.
- **Health:** Linked to lower risk of type 2 diabetes, breast cancer, and ovarian cancer.
- **Saves time:** No bottles or nipples to sterilize, no mixing formula, and no warming up bottles.
- **Saves money:** Formula and feeding supplies cost more than \$1500 every year.

## FOR SOCIETY

- **Saves money:** Medical care costs are lower for exclusively breastfed infants.
- **Environmental Benefits:** Reduce the trash and public waste created by formula cans and plastic waste.

