

THE BENEFITS OF BREAST MILK

- ✓ Breast milk is a complete form of nutrition for growth and development.
- ✓ Babies easily digest breast milk.
- ✓ Breast milk helps babies build a stronger immune system.

ONLY
1 IN 4 INFANTS

are exclusively breastfed, as recommended, by the time they are 6 months old.

Breastfed infants have
REDUCED RISKS OF:

- Asthma
- Obesity
- Type 1 diabetes
- Severe lower respiratory disease
- Acute otitis media (ear infections)
- Sudden infant death syndrome (SIDS)
- Gastrointestinal infections (diarrhea/vomiting)
- Necrotizing enterocolitis (NEC) for preterm infants



Mothers have
LOWER RISKS OF:

- Type 2 diabetes
- High blood pressure
- Ovarian cancer
- Breast cancer



Developed by Marianna Langston, SNAP-Ed Nutrition Educator. Sources: Centers for Disease Control, www.cdc.gov/breastfeeding/about-breastfeeding/why-it-matters.html. American Academy of Pediatrics, www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/default.aspx



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