

BENEFITS OF BREASTFEEDING

○ For Baby:

- Less illness
- Less ear infections
- Less allergies
- Less risk of obesity
- Less risk of cancers
- Less risk of SIDS
- Less intestinal problems
- Less orthodontic problems

○ For Mom:

- Faster return to pre-pregnancy size
- Less risk of cancers
- Less risk of depression & anxiety
- Special bond with baby
- Saves money



BREASTMILK

Much more...
Anti-Parasites
Anti-Allergies
Anti-Viruses
Antibodies
Growth Factors
Hormones
Enzymes
Water
Vitamins
DHA/ARA
Fat
Carbohydrates
Protein
Water

BENEFITS OF BREASTFEEDING CONT.

FORMULA

Water
Vitamins
DHA/ARA
Fat
Carbohydrates
Protein
Water

