

# WHY BREASTFEED?

## NUTRITION FOR YOUR INFANT



Breastmilk meets the requirements for keeping your baby hydrated

Breastmilk has just the right amount of protein to meet your baby's needs, and is easily digestible



The minerals in breastmilk are bound to proteins to increase nutrient absorption

Breastmilk promotes optimal development of the central nervous system



Breastmilk has a healthy balance of all the nutrients to keep your baby healthy

## WHAT ARE THE BENEFITS OF BREASTFEEDING?



Created By:  
Ali Epstein

in infants

Vision  
Immune System  
Cognitive Abilities  
Health Later in Life

Asthma  
Ear Infections  
Infant Mortality  
Obesity/ Type 2 Diabetes

risk in  
infants

in  
mothers

Faster Weight Loss after Birth  
Stabilization of Hormones  
Self Confidence

High Blood Pressure  
Type 2 Diabetes  
Ovarian Cancer  
Breast Cancer

risk in  
mothers



### Reference

Brown, Judith. 2017. *Nutrition Through The Life Cycle*. (6th ed.) Boston, MA: Cengage Learning  
Centers for Disease Control and Prevention. (2018, August 20). Breastfeeding. Retrieved November 13, 2018, from <https://www.cdc.gov/breastfeeding/about-breastfeeding/why-it-matters.html>  
Cleveland Clinic. (2016, March 10). The Benefits of Breastfeeding for Baby & for Mom. Retrieved November 13, 2018, from <https://my.clevelandclinic.org/health/articles/15274-the-benefits-of-breastfeeding-for-baby-for-mom>