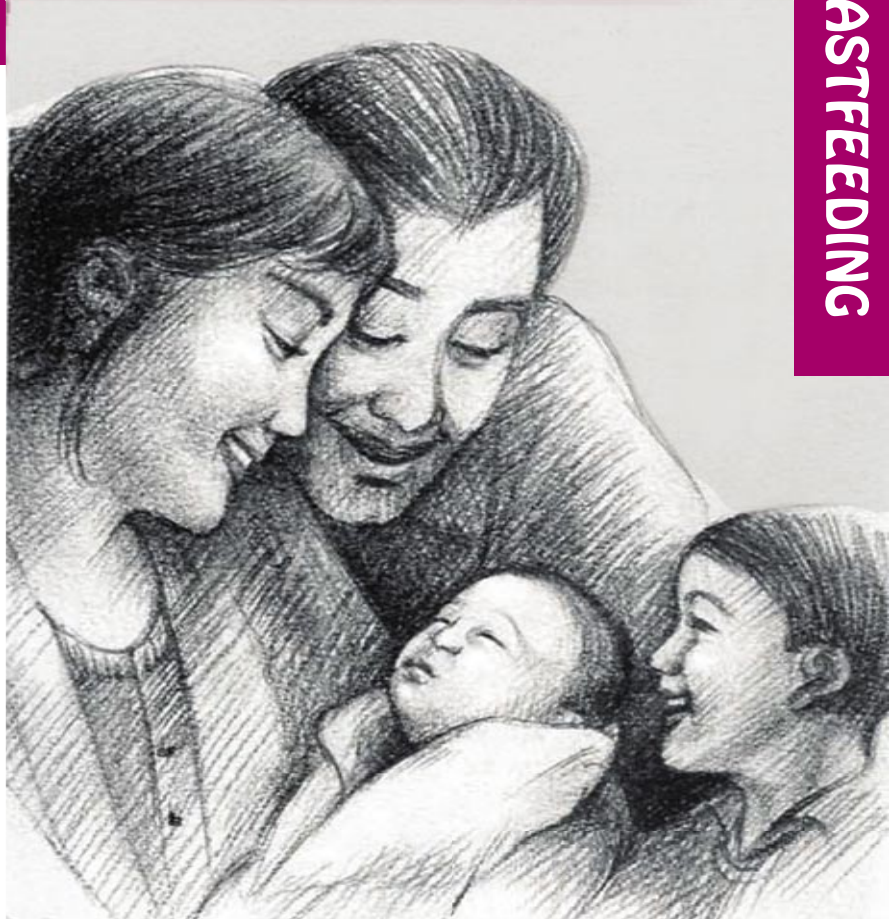


breastfeeding: best for you, your baby & family

Great Reasons for Your Baby

- **Breastmilk is the perfect food for your baby. It's just what your baby needs in just the right amount.**
- **Breastmilk helps your baby grow strong and healthy.**
- **Your breastmilk gives your baby protection against diseases.**
- **Breastfed babies have fewer earaches, colds and allergies.**
- **Breastmilk is easily digested. Babies don't get constipated and hardly ever get diarrhea.**
- **There are fewer crib deaths (SIDS) among breastfed babies.**
- **Because of the special way breastfed babies suck, they have fewer speech problems.**



- **Breastfed babies are more likely to score higher on test, read sooner and have fewer learning disabilities.**
- **Breastfed babies tend to have straighter teeth.**
- **Breastfeeding decreases the risk of heart disease later in life.**

Great Reasons to Breastfeed for You

- **Breastfeeding will help you get back into shape faster. The uterus will get back to its pre-pregnancy state. Breastfeeding also helps to prevent excessive bleeding following birth.**
- **Breastfeeding may protect women from chronic diseases.**
- **Breastfeeding reduces your risk of breast cancer and ovarian cancer.**
- **Breastfeeding helps prevent osteoporosis and hip fracture later in life.**
- **Breastfeeding is a special gift only you can give your baby. It helps you bond with your baby.**



Great Reasons for Your Family

- **Breastfeeding saves money: fewer doctor's bill and no formula.**
- **There is nothing to prepare. It is ready at the right temperature and amount.**

The USDA is an equal opportunity provider and employer.

Breastfeeding: Best for You, Your Baby and Your Family (English version)
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