Breastmilk is the perfect food for baby.

Breastmilk...

- contains more than 200 nutrients.
- is always ready and is never too hot or too cold.
- protects your baby from illness and makes vaccines work better.

Breastfed babies are healthier.

Breastfed babies have...

- fewer ear infections, asthma and pneumonia.
- less tummy troubles (gas, constipation and diarrhea).
- better brain development and do better on IQ tests.
- less risk of sudden infant death syndrome (SIDS).
- less risk of diabetes and obesity in childhood and as an adult.

This institution is an equal opportunity provider.
Breastfeeding saves time and money!

Parents who breastfeed...

- save more than $1,000 the first year alone by not having to buy formula and bottles.
- miss less work caring for sick children.
- have less health care costs for baby.
- receive more WIC foods for the first year.

Breastfeeding is good for your family....

- because it is the healthiest, safest and simplest way to feed your baby.
- because it makes life easier for the whole family.
- because it saves your money.

Which benefits are the most important to you?

Mothers who breastfeed are healthier.

Mothers who breastfeed have...

- less bleeding after childbirth and lose weight quicker.
- less risk of breast, ovarian and uterine cancer.
- less risk of diabetes and heart disease.
- stronger bones.

Breastfeeding is a special gift only you can give your baby.