



Baby Friendly Initiative

Did you know research shows that ...

Breastfed babies are healthier than if they were fed formula?

Breastfed babies are at less risk of:

- gastro-intestinal infection
- respiratory infections
- necrotizing enterocolitis
- urinary tract infections
- ear infections
- allergic disease (eczema, asthma and wheezing)
- insulin-dependent diabetes mellitus



Breast is Best

And, breastfed babies may have better:

- neurological development

Women who breastfeed are at lower risk of:

- breast cancer
- ovarian cancer
- hip fractures and low bone density
- type 2 diabetes

Other potential protective effects of breastfeeding (more research needed):

- for the infant:
 - multiple sclerosis
 - acute appendicitis
 - tonsillectomy
- for the mother
 - rheumatoid arthritis

* Adapted from the UK Baby Friendly website: www.babyfriendly.org.uk