

Breast milk, the best for your baby

The World Health Organization (WHO) recommends exclusive breastfeeding for the first 6 months of life.



Breastfeeding is calming and soothing, and gives your baby not only nutrients, but also comfort and security!

BREASTMILK COMPOSITION

Fat

- ✓ Beta-palmitate, LC-PUFAs and MFGM (Milk Fat Globule Membranes)
- ✓ ~50% in baby's daily energy intake
- ✓ Source of energy
- ✓ Fosters growth and brain development
- ✓ Helps in the absorption of fat-soluble vitamins

Carbohydrates

- ✓ Mainly lactose
- ✓ 40% in baby's energy intake
- ✓ Good for gut microbiota
- ✓ Lactose supports the absorption of minerals

Proteins

- ✓ Whey and casein
- ✓ Key building blocks of tissues
- ✓ Whey protein can inhibit infections

Prebiotics

- ✓ Nourish good bacteria in the gut
- ✓ Promote softer stools, to help prevent constipation, gases or colic

Nucleotides

- ✓ Support healthy weight gain and development
- ✓ Reduce incidence, severity, and duration of diarrhea

Vitamins and minerals

- ✓ Their amount and composition depends on the mother's intake



Breastfeeding: health benefits

For the baby



Supports growth and stimulates sensorial and cognitive development

Moreover....

Short-term



↓ constipation



↓ vomiting ↓ diarrhea



Immune defense development



Protection against allergies

Long-term



Low prevalence of diabetes type II



Low prevalence of obesity & overweight



High scores on performance and intelligence tests

For the mother



Faster recovery from childbirth



Faster weight loss after pregnancy



During breastfeeding, the mother's natural production of oxytocin, the "love hormone", causes: ↓ stress reduction + focus on the baby's needs



Delays the return of menstrual periods

Helps reducing risk of...



Metabolic syndrome



Breast and ovarian cancer



Chronic diseases (type 2 diabetes, rheumatoid arthritis, osteoporosis)

