

Breast Milk Facts

Breast milk is an amazing substance that cannot be duplicated by any artificial means. Unique in its composition and function, breast milk:

- **Breast milk helps keep babies healthy. Breast milk protects against many types of illness like colds, flu, diarrhea and ear infections.**
- **Breast milk is ready day or night, anytime your baby is hungry. It is always the right temperature.**
- **Breast milk is easy for your baby to digest, since your body makes it for your baby.**
- **Breast milk is naturally clean. It passes from the breast to the baby's mouth and can not "Go Bad" or "Spoil".**
- **Breast milk helps prevent diaper rash.**
- **Breastfed babies are less likely to be overweight later in life. They learn to stop eating when they are full, instead of when the bottle is empty.**
- **Babies fully breastfed for six months or longer are smarter than formula fed babies when given IQ tests at school age.**