

BENEFITS OF BREASTFEEDING



WHO/UNICEF recommendation



Exclusive breastfeeding for the first 6 months



Followed by introduction of complementary foods with continued breastfeeding

For Infants and Children

For Mothers

36%



Reduced risk of gastrointestinal infection and diarrhea in first year

28%



Decreased risk of breast cancer

72%



Reduced risk of respiratory tract infections in first year

26%



Less likely to develop diabetes

36%



Reduced risk of sudden infant death syndrome (SIDS)

21%



Reduced risk of ovarian cancer

15%



to 30% reduction in obesity rates

10%



Less likely to develop cardiovascular disease

23%



Reduced incidence of middle ear infections

30%



Reduction in incidence of diabetes

19%



less likely to develop high cholesterol

20%



Reduced incidence of acute lymphocytic leukaemia



References:
Hoddinott Pat, Tappin David, Wright Charlotte. Breast feeding *BMJ* 2008; 336 :881
<http://breastfeedingmadesimple.com/wp-content/uploads/2016/03/BFbenefits.pdf>

By the Department of Family Medicine