

For Mom

Breastfeeding burns as many as **500 extra calories each day**, which may make it easier to lose the weight you gained during pregnancy.

Women who breastfeed longer have **lower rates of type 2 diabetes, high blood pressure, and heart disease.**

Women who breastfeed have **lower rates of breast cancer and ovarian cancer.**

Breastfeeding triggers the release of **oxytocin** that causes the **uterus to contract** and may **decrease the amount of bleeding you have after giving birth.**



For Baby

Breast milk has the right amount of **fat, sugar, water, protein, and minerals** needed for a baby's growth and development.

Breast milk is **easier to digest than formula**, and breastfed babies have **less gas, fewer feeding problems, and less constipation.**

Breast milk contains **antibodies that protect infants** from certain illnesses, such as ear infections, diarrhea, respiratory illnesses, and allergies.

Breastfed infants have a **lower risk of sudden infant death syndrome.**

If your baby is born **preterm**, **breast milk can help reduce the risk of many of the short-term and long-term health problems.**