Breastfeeding Benefits

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.

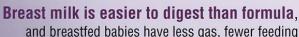
Women who breastfeed longer have lower rates of type 2 diabetes, high blood pressure, and heart disease.

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.



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



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.











The American College of Obstetricians and Gynecologists

WOMEN'S HEALTH CARE PHYSICIANS