



**BREAST MILK**

EVERY OUNCE COUNTS



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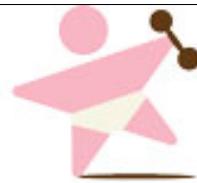
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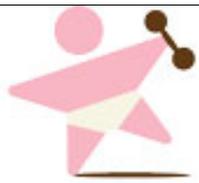
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**Good for humans.**

Breastmilk is made by your body to meet your baby's food needs. When an infant is born early, your body makes milk just for your baby's age.

**Good for fighting allergies.**

Breastmilk can reduce the chances of your baby having allergies.

**Good for health now.**

Breastfeeding protects your baby against SIDS (Sudden Infant Death Syndrome), and babies who are breastfed have a lower chance of getting ear infections, diarrhea, colds, and viruses.

**Good for health later.**

Breastfeeding protects your baby against diabetes and obesity in later life.

**Good for protecting baby.**

Breastmilk coats your baby's stomach and protects your baby from sickness.

**Good for babies' mouths.**

Breastfeeding helps your baby's mouth to grow right.

**Good for peace of mind.**

Breastmilk is safe for your baby. There is no risk of contamination.

**Good for calming baby.**

Breastfeeding can calm your baby quickly. You can breastfeed right after lab tests or vaccinations to comfort him.