

# BREASTFEEDING BENEFITS FROM TOP TO BOTTOM

Breastfeeding is good for every part of baby's body--from the brain to the diaper area. Here's a list:

- **Brain.**  
Higher IQ in breastfed children. Cholesterol and other types of fat in human milk support the growth of nerve tissue.
- **Eyes.**  
Visual acuity is higher in babies fed human milk.
- **Ears.**  
Breastfed babies get fewer ear infections.
- **Mouth.**  
Less need for orthodontics in children breastfed more than a year. Improved muscle development of face from suckling at the breast. Subtle changes in the taste of human milk prepare babies to accept a variety of solid foods.
- **Throat.**  
Children who are breastfed are less likely to require tonsillectomies.
- **Respiratory system.**  
Evidence shows that breastfed babies have fewer and less severe upper respiratory infections, less wheezing, less pneumonia and less influenza.
- **Heart and circulatory system.**  
Evidence suggests that breastfed children may have lower cholesterol as adults. Heart rates are lower in breastfed infants.
- **Digestive system.**  
Less diarrhea, fewer gastrointestinal infections in babies who are breastfeeding. Six months or more of exclusive breastfeeding reduces risk of food allergies. Also, less risk of [Crohn's](#) disease and ulcerative colitis in adulthood.
- **Immune system.**  
Breastfed babies respond better to vaccinations. Human milk helps to mature baby's own immune system. Breastfeeding decreases the risk of childhood cancer.
- **Endocrine system.**  
Reduced risk of getting diabetes.

- **Kidneys.**  
With less salt and less protein, human milk is easier on a baby's kidneys.
- **Appendix.**  
Breastfeeding may reduce the risk of appendicitis.
- **Urinary tract.**  
Fewer infections in breastfed infants.
- **Joints and muscles.**  
Juvenile rheumatoid arthritis is less common in children who were breastfed.
- **Skin.**  
Less allergic eczema in breastfed infants.
- **Growth.**  
Breastfed babies are leaner at one year of age and less likely to be obese later in life.
- **Bowels.**  
Less constipation. Stools of breastfed babies have a less-offensive odor.



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