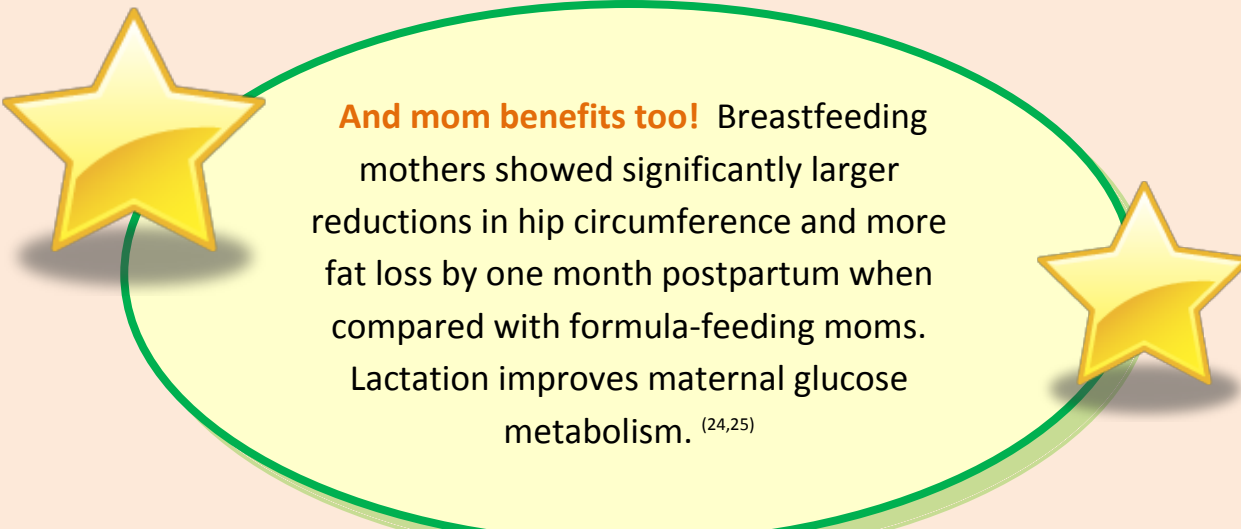


# Breastfeeding

Formula fed infants consume larger volumes and gain weight more rapidly than breastfed infants, with the increased weight predominately adipose tissue. The breastfed infant gains predominately more lean body mass. <sup>(5)</sup>

Research shows rapid weight gain during infancy is associated with childhood obesity. <sup>(5)</sup> At 1 year of age breastfed infants are on average 1.5 lbs lighter than formula fed infants. <sup>(4)</sup>



**And mom benefits too!** Breastfeeding mothers showed significantly larger reductions in hip circumference and more fat loss by one month postpartum when compared with formula-feeding moms. Lactation improves maternal glucose metabolism. <sup>(24,25)</sup>

Breast milk contains the hormones, leptin and adiponectin, which help infants regulate appetite and energy metabolism. Formula is missing these hormones. <sup>(12)</sup>

Children never breastfed or those breastfed for less than 12 months are at greater risk for diabetes mellitus (Type 1 and Type 2), overweight and obesity) <sup>(10)</sup>

# Reduces Obesity

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## Nutrition Facts

Per 1000 ml <sup>(1)</sup>

Amount \_\_\_\_\_ 100 % daily value

**Calories** 670 \_\_\_\_\_ 100%

**Fat** 40 g \_\_\_\_\_ 100%

Unsaturated 22.8 g

Saturated 16.8 g

+ Trans 0 g \_\_\_\_\_

**Cholesterol** <sup>(2)</sup> 0.12 g \_\_\_\_\_ 100%

**Sodium** 0.15 g \_\_\_\_\_ 100%

**Carbohydrate** 70 g \_\_\_\_\_ 100%

Fibre 0 g \_\_\_\_\_

Lactose 70 g \_\_\_\_\_

**Protein** 18 g \_\_\_\_\_ 100%

**Vitamin A** 100% **Vitamin C** 100%

**Calcium** 100% **Iron** 100%

**Vitamin E** 100% **Immunity** 100%

From: Constituents of human milk United Nations University Centre

(1) average amount of breastmilk consumed per day for a baby at 6 mo. Riordan J. *Breastfeeding and Human Lactation*, 2005. P 100

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