



## BENEFITS OF BREASTFEEDING

### FIRST FOOD

The World Health Organization (WHO) and the Ministry of Health recommend **breastfeeding for up to 2 years of age**, starting from the first hour of life, **exclusive (without the inclusion of other foods or liquids) and on demand until 6 months**.



Protects the baby from infections ([diarrhea](#), [otitis](#), [pneumonia](#)).

Prevents future diseases in the baby ([asthma](#), [diabetes](#) and [obesity](#)).

Promotes the emotional bond between mother and baby.

Helps prevent breast, ovarian and uterine cancer in women.

It is the most nutritionally complete food, and the only one that provides antibodies that help in the child's immunity.

It is cheaper and more practical than using artificial milk (formulas).