

# Top Ten Reasons to Breastfeed Your Baby



1. Breastfed babies are **healthier** and get illnesses that are less severe.
2. Breastfed babies have **higher IQs** and **fewer learning and behavior difficulties**.
3. Breastfed babies develop **fewer allergies**.
4. Breastfed babies have **lower rates of obesity**.
5. Breastfeeding helps mothers to **lose pregnancy size and weight faster**.
6. Breastfeeding results in **fewer work days missed** due to baby's illness.
7. Breastfeeding is **ecologically sound**—no packaging, no plastics, no waste.
8. Breastfeeding is **convenient**—no storage, preservation, or special equipment needed.
9. Breastfeeding **saves money**. Formula costs more than \$2,200 annually, while additional maternal nutrition required for breastfeeding costs a mere \$62 per year.
10. **Sweeter-smelling diapers**.

*All comparisons made are to formula-feeding and formula-fed babies.*