

# Nutrition News

VOLUME 10, No. 8

A COMMUNITY NUTRITION PROGRAMS NEWSLETTER

Carol Lammi-Keefe,  
PhD, RD, LDN

Holiday Durham,  
PhD, RD, LDN

Heli Roy,  
PhD, RD

## Breast is Best For Baby and Mom

### Why is Breast-feeding Recommended for Infants?

- It provides the best nutrition and health protection for the first six months of a baby's life.
- Combined with introduction of solid foods, the benefits continue until 12-plus months.
- Breast-fed infants are protected against childhood illnesses and obesity.
- Breast-fed babies learn better.

### Are there Benefits for the Mother? Yes!

- Mothers have lower risk for ovarian cancer, premenopausal cancer, type 2 diabetes.
- Women are less likely to be overweight or obese later in life.

### When Should a Mother Start Breast-feeding?

- The infant should be put to the breast immediately after birth, as soon as the doctor has determined the infant is healthy. Let your doctor or the nurse know you want to breast-feed before the baby is born.
- Continue for at least three months, and ideally up to one year to ensure benefits to the mother and infant.

### Should I Supplement Breast-feeding with Baby Formula?

- No. Breast milk has the nutrients needed for growth of the baby and it provides the fluid needed. Additionally, there is no need to supplement with water.



### Advantages of Breast-feeding

- Saves time and money
- Convenient---always ready
- Best for infant and mother
- Breast milk is natural
- Increases positive bonding between infant and mother
- Mother misses less work due to baby being sick

**LSU**  
**AgCenter**  
Research & Extension



SOUTHERN UNIVERSITY  
AGRICULTURAL  
RESEARCH & EXTENSION  
C E N T E R

## Myths about Breast-feeding

**Myth:** Breasts are too small or big.

**Truth:** Breast size does not affect a mother's ability to breast feed.

**Myth:** Breasts will never produce enough milk.

**Truth:** With the proper nursing help and technique you can make plenty of milk for your baby to grow and be healthy.

**Myth:** Today's formula is the same as breast milk.

**Truth:** We cannot reproduce mother nature's natural choice and all the benefits that go with it. Formula is not the same.

**Myth:** Breast-feeding hurts.

**Truth:** A mother's breast may be tender for the first few days of breast-feeding, but this should not continue and can be stopped with help.

Visit our website: [www.LSUAgCenter.com](http://www.LSUAgCenter.com)  
August 2011

**Louisiana State University Agricultural Center**  
William R. Richardson, Chancellor  
**Louisiana Agricultural Experiment Station**  
John S. Russin, Vice Chancellor and Director  
**Louisiana Cooperative Extension Service**  
Paul D. Coreil, Vice Chancellor and Director

The LSU AgCenter is a statewide campus of the LSU System and provides equal opportunities in programs and employment

This material was partially funded by USDA's Food Stamp program. The Food Stamp program provides nutrition assistance to people with low income.

To find out more, contact your parish agent.