

The Breastfed Baby

Immune system.

Responds better to vaccinations. Human milk helps to mature immune system. Decreased risk of childhood cancer.

Skin.

Less allergic eczema in breastfed infants.

Joints and muscles.

Juvenile rheumatoid arthritis is less common in children who were breastfed.

Throat.

Children who are breastfed are less likely to require tonsillectomies.

Eyes.

Visual acuity is higher in babies fed human milk.

Higher IQ.

Cholesterol and other types of fat in human milk support the growth of nerve tissue.

Endocrine system.

Reduced risk of getting diabetes.

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.

Bowels.

Less constipation.

Urinary tract.

Fewer infections in breastfed infants.

Appendix.

Children with acute appendicitis are less likely to have been breastfed.

Kidneys.

With less salt and less protein, human milk is easier on a baby's kidneys.

Respiratory system.

Breastfed babies have fewer and less severe upper respiratory infections, less wheezing, less pneumonia and less influenza.

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.

Heart and circulatory system.

Breastfed children have lower cholesterol as adults. Heart rates are lower in breastfed infants.

