Breastfeeding is good for every part of baby’s body - from the brain to the diaper area.

Breastfeeding Benefits from Top to Bottom

**Brain**
Higher IQ in breastfed children. Cholesterol and other types of fat in human milk support the growth of nerve tissue.

**Eyes**
Visual acuity is higher in babies fed human milk.

**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.

**Throat**
Children who are breastfed are less likely to require tonsillectomies.

**Joints and Muscles**
Juvenile rheumatoid arthritis is less common in breastfed children.

**Respiratory System**
Evidence shows that breastfed babies have fewer and less severe upper respiratory infections, less wheezing, less pneumonia and less influenza.

**Heart and Circulatory System**
Evidence suggests that breastfed children may have lower cholesterol as adults. Heart rates are lower in breastfed infants.

**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.

**Endocrine System**
Reduced risk of getting diabetes.

**Skin**
Less allergic eczema in breastfed infants.

**Immune System**
Breastfed babies respond better to vaccinations. Human milk helps to mature baby’s own immune system. Breastfeeding decreases the risk of childhood cancer.

**Urinary Tract**
Fewer infections in breastfed infants.

**Appendix**
Breastfeeding may reduce the risk of appendicitis.

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

**Growth**
Breastfed babies are leaner at one year of age and less likely to be obese later in life.

**Bowels**
Less constipation. Stools of breastfed babies have a less-offensive odor.

Adapted from www.askdrsears.com/html/2/t020300.asp

Healthy Carolina  803.777.1650
www.sc.edu/HealthyCarolina