Why breastfeeding is important

After completing this session participants will be able to:

- state the advantages of exclusive breastfeeding
- list the disadvantages of artificial feeding
- describe the main differences between breast milk and artificial milk
Advantages of breastfeeding

Breast milk
- Perfect nutrients
- Easily digested; efficiently used
- Protects against infection

Breastfeeding
- Helps bonding and development
- Helps delay a new pregnancy
- Protects mothers’ health

- Costs less than artificial feeding
Nutrients in human and animal milks

- **Human**
  - Fat
  - Protein
  - Lactose

- **Cow**
  - Fat
  - Protein
  - Lactose

- **Goat**
  - Fat
  - Protein
  - Lactose
Differences in the quality of proteins in different milks

Cow's milk
- Whey protein
- Curds
- 80% Casein

Human milk
- Easy to digest
- Anti-infective proteins
- 35% Casein

Difficult to digest
Protection against infection

1. Mother infected

2. White cells in mother’s body make antibodies to protect mother

3. Some white cells go to breast and make antibodies there

4. Antibodies to mother’s infection secreted in milk to protect baby
Differences between colostrum and mature milk

<table>
<thead>
<tr>
<th>Component</th>
<th>Foremilk</th>
<th>Hindmilk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lactose</td>
<td></td>
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</tr>
</tbody>
</table>

Colostrum

Mature milk
# Colostrum

<table>
<thead>
<tr>
<th>Property</th>
<th>Importance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antibody rich</td>
<td>- protects against allergy &amp; infection</td>
</tr>
<tr>
<td>Many white cells</td>
<td>- protects against infection</td>
</tr>
<tr>
<td>Purgative</td>
<td>- clears meconium</td>
</tr>
<tr>
<td></td>
<td>- helps to prevent jaundice</td>
</tr>
<tr>
<td>Growth factors</td>
<td>- helps intestine to mature</td>
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<tr>
<td></td>
<td>- prevents allergy, intolerance</td>
</tr>
<tr>
<td>Rich in Vitamin A</td>
<td>- reduces severity of infection</td>
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</tbody>
</table>
Risk of diarrhoea by feeding method
Philippines, infants aged 0-2 months

Psychological benefits of breastfeeding

Emotional bonding
• close, loving relationship between mother and baby
• mother more emotionally satisfied
• baby cries less
• baby may be more emotionally secure

Development
• children perform better on intelligence tests
Disadvantages of artificial feeding

- Interferes with bonding
- More diarrhoea and persistent diarrhoea
- More frequent respiratory infections
- Malnutrition; Vitamin A deficiency
- More allergy and milk intolerance
- Increased risk of some chronic diseases
- Obesity
- Lower scores on intelligence tests
- Mother may become pregnant sooner
- Increased risk of anaemia, ovarian cancer, and breast cancer in mother
Breast milk in the second year of life

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Gap</th>
<th>Provided by 550 ml breast milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>75%</td>
<td>25%</td>
</tr>
<tr>
<td>Protein</td>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td>Iron</td>
<td>0%</td>
<td>100%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
<td>100%</td>
</tr>
</tbody>
</table>

Percentage of daily needs

- Energy: 75% gap, 25% provided
- Protein: 50% gap, 50% provided
- Iron: 0% gap, 100% provided
- Vitamin A: 0% gap, 100% provided