



BREAST FEEDING: STILL THE BEST FOR YOUR BABY

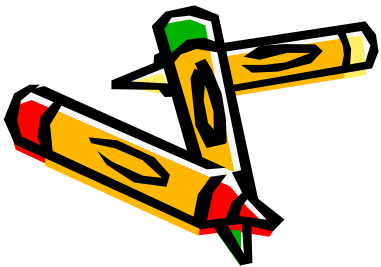
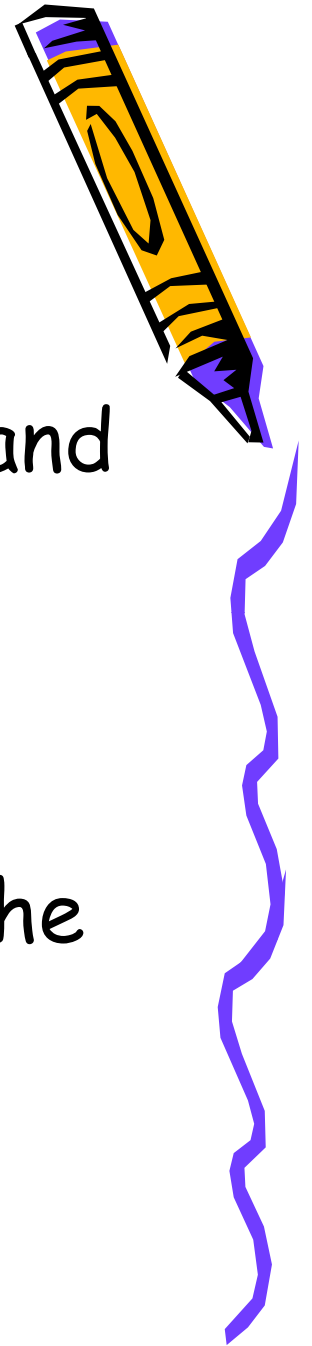
BY

Clara R. B. Oguntona Ph D
University of Agriculture, Abeokuta
Visiting Professor Olabisi Onabanjo University



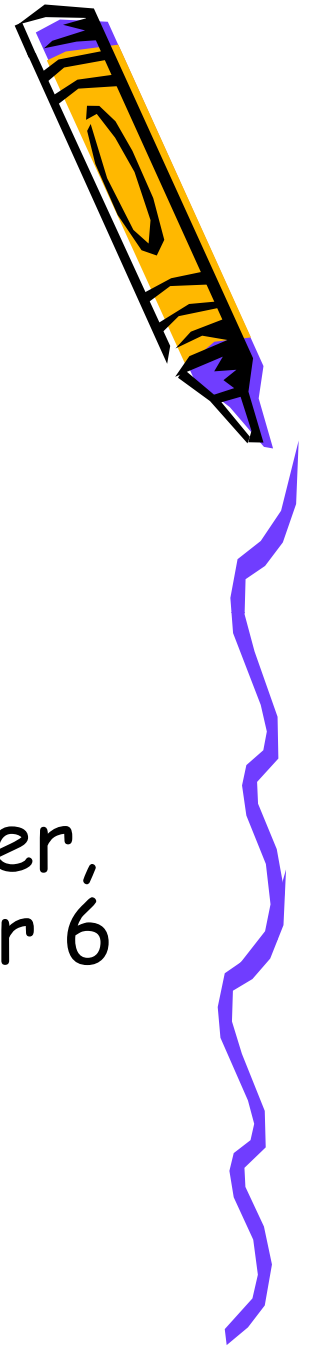
OBJECTIVES OF BREAST FEEDING

- The Promotion of Normal Growth and Brain Development
- The Prevention of Illness During the First Years of Life



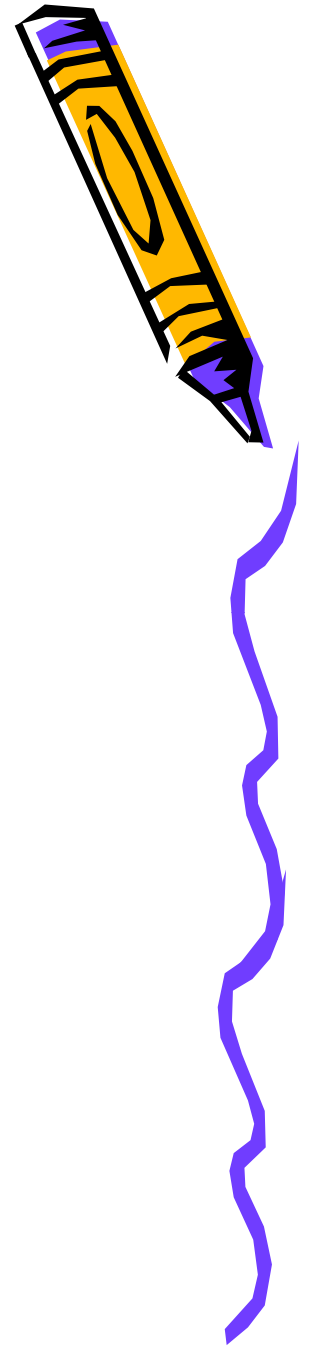
DEFINITION

Exclusive breast-feeding means feeding the baby with breast milk only, not pre-lacteal feeds, no water, no fruit juices. Breast milk only for 6 months.



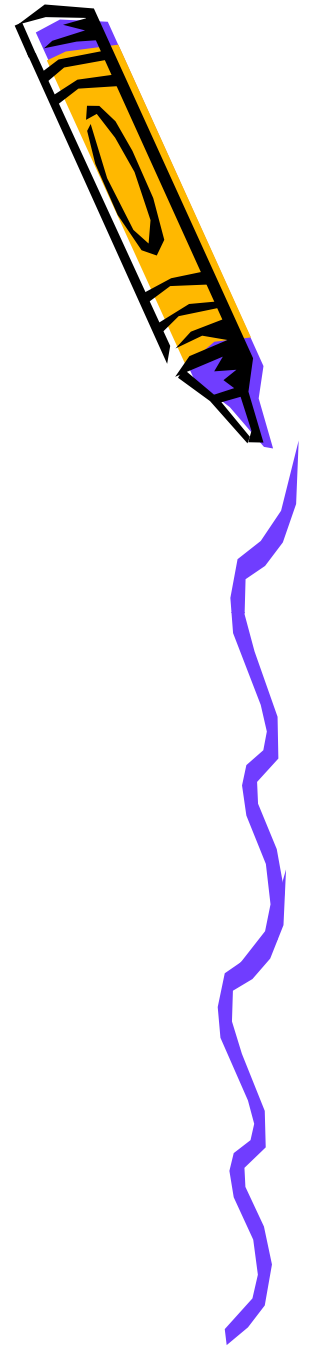
Advantages of breast feeding

- Nutritional and Health Value
- Economic Value
- Psychological Value



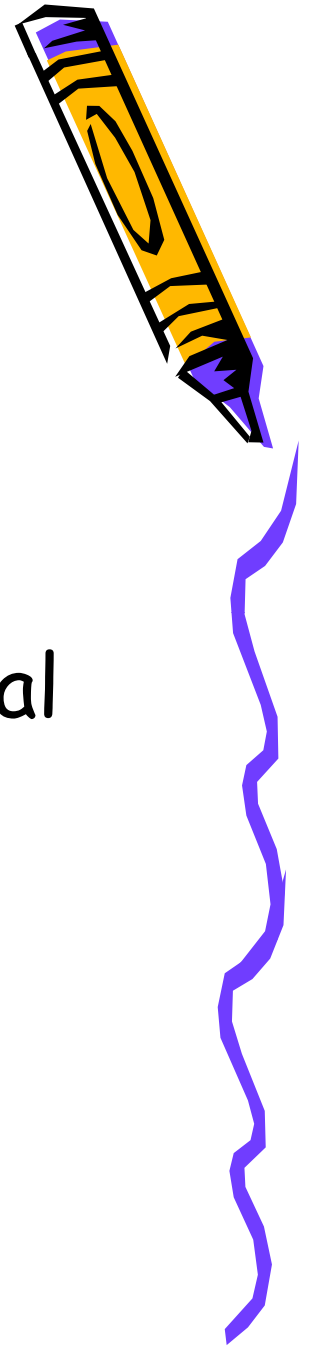
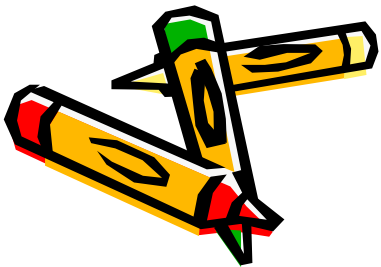
Economic Value

- Breast Milk is cheaper
- It is convenient
- It does not need refrigeration or heating



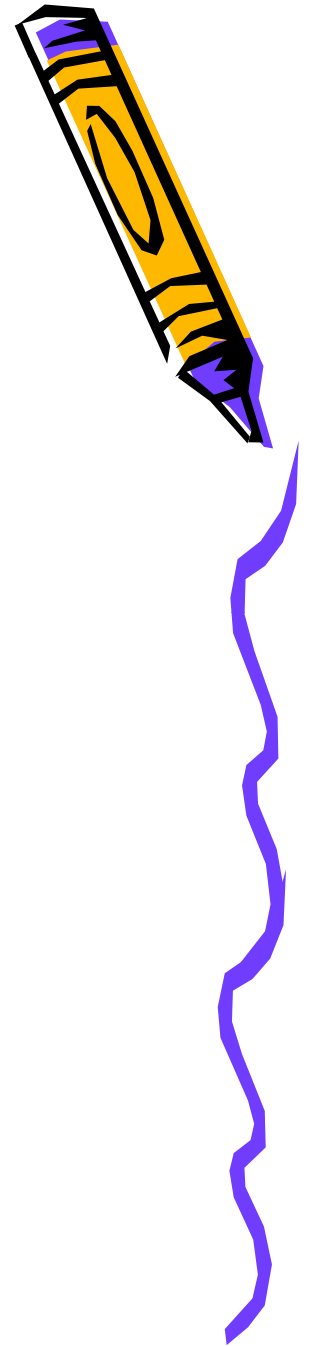
Psychological Value

Provides early and prolonged physical contact contributing to the development of a strong mother-infant bond.



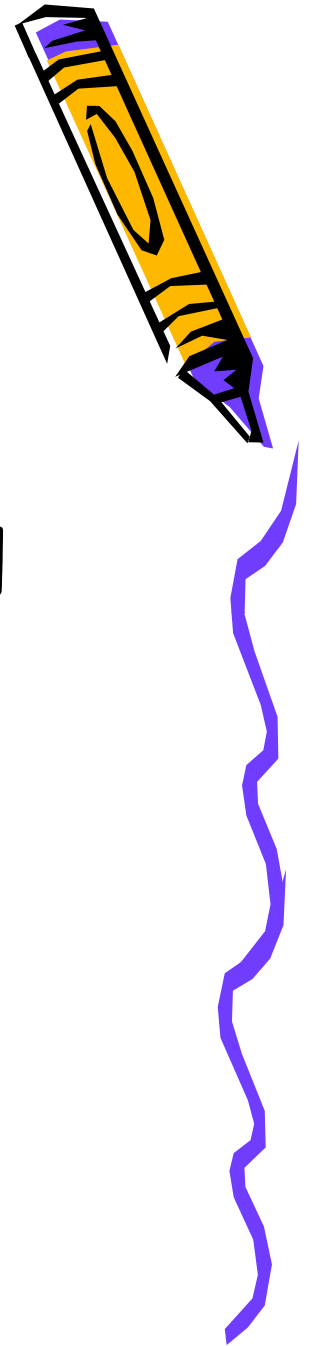
Nutritional Value of Breast Milk

- Energy
- Protein
- Carbohydrate
- Fat
- Calcium
- Other minerals
- Vitamin D and other vitamins

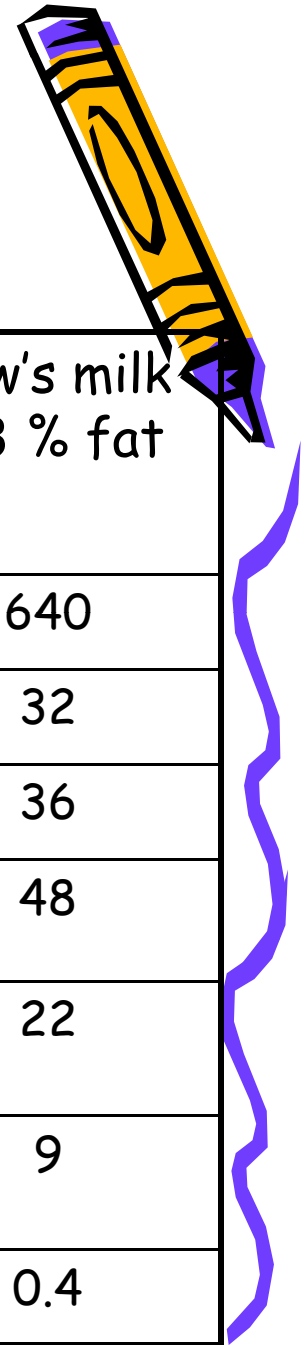


Health Value

- Colostrum
- Protection against gastrointestinal diseases
- Protection against otitis media
- Role in preventing IDDM
- Cognitive development



NUTRITIONAL COMPOSITION OF DIFFERENT MILKS (PER LITRE)



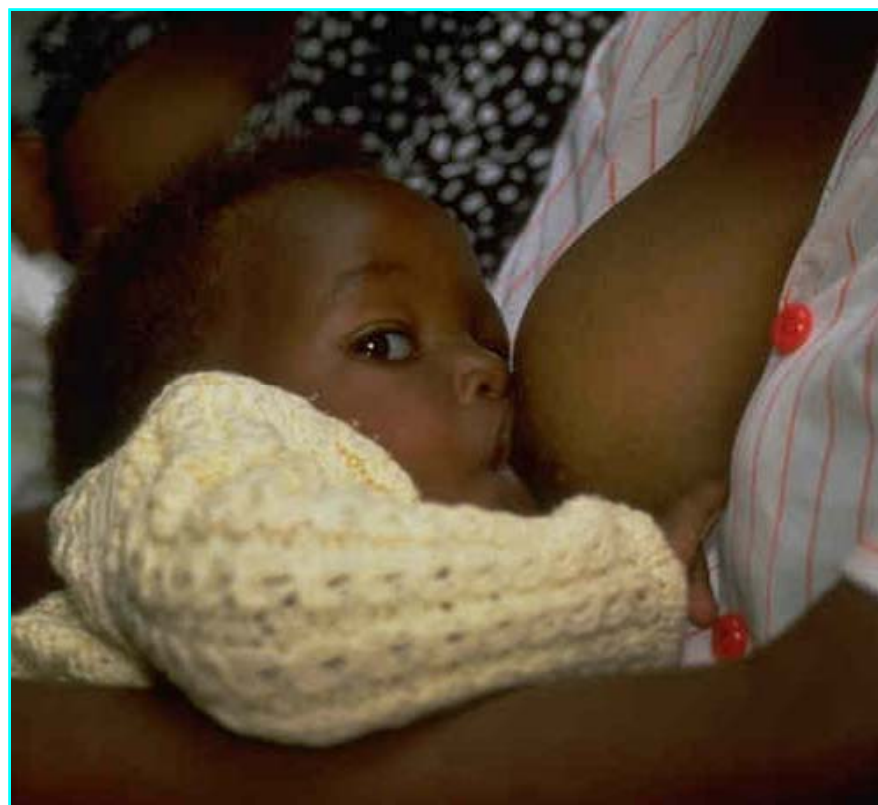
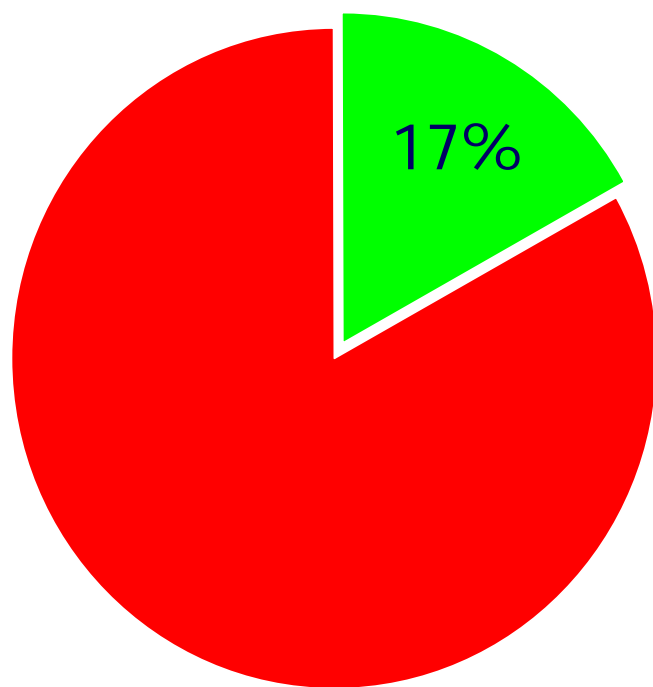
Nutrient	Human Milk (mature)	Formulas		Cow's milk 3.3 % fat
		Cow's milk based	Soy milk based	
Energy (Kcal)	750	670	670	640
Protein (g)	11	15	20	32
Fat (g)	45	36	37	36
Carbohydrate (g)	71	72	69	48
Sodium (mmol)	7	8	12	22
Vitamin D (μ g)	< 1	10	10	9
Iron (mg)	0.5	1.5	12.5	0.4



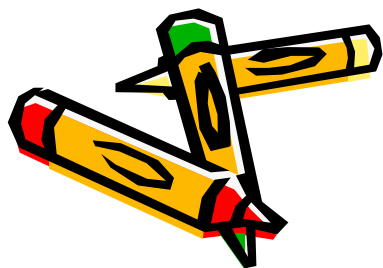
Exclusive Breastfeeding 0-6 months



NDHS 1999

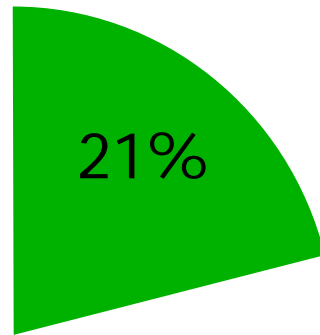


UNICEF/Pirozzi



Infant Mortality and Poor Breastfeeding

PROFILES 2001



UNICEF/Pirozzi

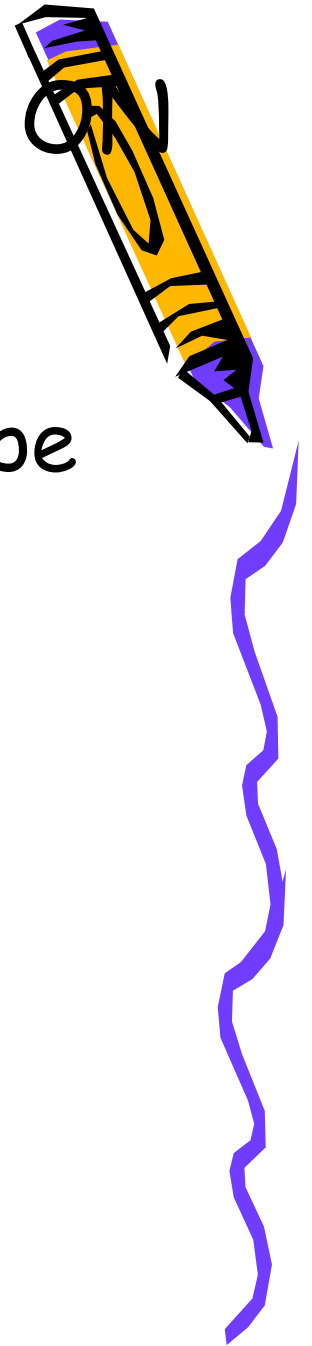
1 million infant deaths

2001-2010

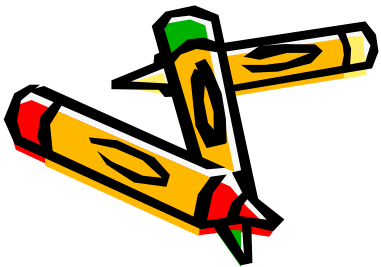
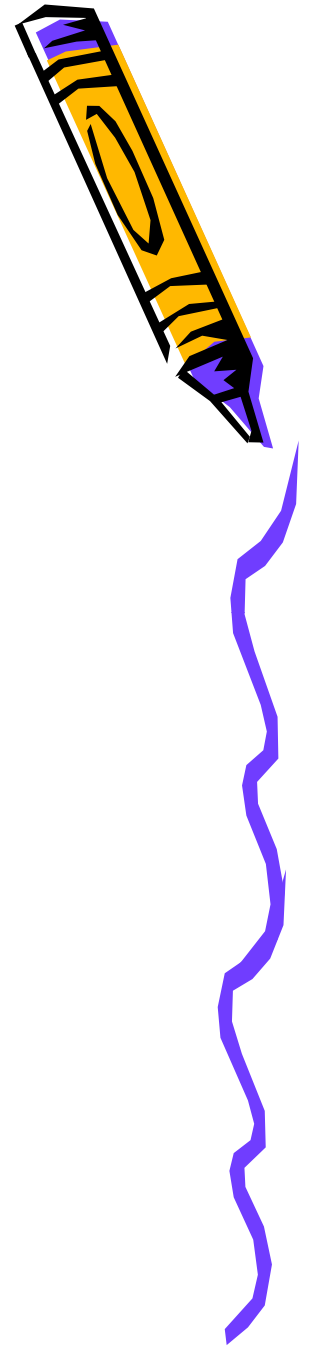


EFFECTS OF BREAST-FEEDING ON THE MOTHER

- Early return to pre-pregnancy shape
- Inhibition of ovarian activity
- Anti cancer effect



BREAST
IS
STILL THE BEST



THANK YOU ALL FOR
LISTENING

