



Breastfeeding is a gift from the mother that lasts a lifetime. Human milk is the best food for babies. It contains complete nutrition for infant growth and development. Infant formula is not a good substitute for human breast milk.

BREASTFEEDING IS GOOD FOR MOMS:

- May help get back to pre-pregnancy weight more quickly.
- Lower risk of certain types of breast cancer, ovarian cancer, postpartum depression, and Type 2 Diabetes.

BREASTFEEDING IS GOOD FOR BABIES:

- Is easier to digest than formula.
- Protects your baby's immune system and reduces many types of infections.
- Lower risk for asthma and allergy, childhood obesity, ear infections, and eczema.

OTHER BENEFITS OF BREASTFEEDING:

- Breast milk is always clean, sanitary, and at the right temperature for babies.
- Breastfeeding creates a closer bond between you and your baby.
- Breastfeeding is FREE. No need to spend money on formula and related supplies.
- Breastfeeding is better for the environment.

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。 Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

BREAST MILK COMPARED TO THE INFANT FORMULA

Breast milk

Antibodies
Anti-Cancer(HAMLET)
Growth Factors
Enzymes
Disease Fighting Stem Cells
Hormones
Anti-viruses
Anti Allergies
Anti Parasites
Probiotics
Prebiotics
Minerals
Vitamins
Fat
DHA/ARA
Carbohydrates
Protein
Water



Formula

*Not in all formulas

Probiotics *
Prebiotics *
Minerals
Vitamins
Fat
DHA/ARA
Carbohydrates
Protein
Water

HOW LONG SHOULD I BREASTFEED MY BABY?

The American Academy of Pediatrics (AAP) recommends that for the first 6 months of life, babies should be fed only breast milk. After 6 months, appropriate baby foods can be gradually introduced. However, breastfeeding should be continued until the baby is one year old.

Sources:

- California Department of Public Health- Women, Infants, and Children Program
- American Academy of Pediatrics
- www.womenshealth.gov



母乳餵養是媽媽給寶寶一份持續一生的禮物。母乳是所有新生兒的最好食品。它含有寶寶成長和發育所需要的營養成份。母乳是嬰兒配方奶不能代替的。

母乳餵養對媽媽健康的益處:

- 幫助迅速恢復到懷孕前的體重。
- 降低患上某些乳癌、卵巢癌、產後抑鬱症和二型糖尿病的機會。

母乳餵養對寶寶健康的益處:

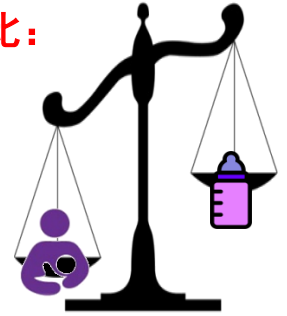
- 母乳比嬰兒配方奶更容易消化。
- 保護嬰兒的免疫系統，減少患上多種感染病的機會。
- 減少患上哮喘、過敏、兒童肥胖症、耳朵發炎和濕疹的機會。

母乳餵養的其他益處:

- 母乳是乾淨的和衛生的，而溫度是適合嬰兒飲用的。
- 母乳餵養讓你和寶寶之間能建立愉快和緊密的關係。
- 母乳餵養不需支付額外的金錢來購買嬰兒配方奶和相關道具。
- 母乳餵養對環境也有好處。

母乳和嬰兒配方奶的對比:

母乳
抗體
抗癌
生長因子
酵素
抵抗疾病的幹細胞
激素
抗過濾病毒素
抗過敏素
抗寄生蟲素
益菌素
益生菌
礦物質
維生素
脂肪
DHA 和 ARA 脂酸
碳水化合物
蛋白質
水



嬰兒配方奶

*不是所有嬰兒配方奶都含有這個營養素

益菌素 *
益生菌 *
礦物質
維生素
脂肪
DHA 和 ARA 脂酸
碳水化合物
蛋白質
水

我應該母乳餵養寶寶多長的時間?

美國小兒科醫學會 (AAP) 建議寶寶從出生至六個月大只餵母乳，不需要其他食物或液體。從六個月之後，可以慢慢加入適合嬰兒的輔食，不過，繼續餵母乳直至寶寶滿一歲。

資料來源:

- California Department of Public Health- Women, Infants, and Children Program
- American Academy of Pediatrics
- www.womenshealth.gov

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