

Excerpt from the Babies First Breastfeeding Stakeholder Brochure
“Giving Babies Only the Best”

Evidence-Based Benefits for Mothers

- Breastfeeding helps the uterus shrink to its prepregnancy state and reduces the amount of blood loss after delivery.
- Breastfeeding mothers usually resume their menstrual cycles 20 to 30 weeks later than bottle-feeding women.
- Breastfeeding reduces the risk of breast and ovarian cancers and postmenopausal osteoporosis.
- During lactation, total cholesterol, LDL cholesterol and triglyceride levels decline while the beneficial HDL cholesterol level remains high.

References

Breastfeeding: Investing in California’s Future. (1996). Breastfeeding Promotion Committee Report to the California Department of Health Services.

Breastfeeding and the use of human milk (RE9729). (1997). American Academy of Pediatrics Work Group on Breastfeeding.

Heinig, M.J. & Dewey, K.G. (1996). Health advantages of breastfeeding for infants: A critical review. *Nutrition Research Review*, 9, 89-110.