



A MINUTE OF HEALTH WITH CDC

Mom's Milk is Best

Progress in Increasing Breastfeeding and Reducing Racial/Ethnic Differences – United States, 2000-2008 Births

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Breastfeeding is the best way to ensure that growing babies are getting essential nutrients. Breast milk is usually easier to digest than formula and breast milk contains antibodies that protect babies from certain illnesses. Infants should receive only breast milk for the first six months. After that, as solids are introduced, they should continue to breastfeed until at least 12 months. Breastfeeding requires patience and commitment. To be successful, breastfeeding moms need support from their hospital, doctor, employer, family, and community. If you need help, don't hesitate to ask a health care provider or a breastfeeding specialist.

Thank you for joining us on *A Minute of Health with CDC*.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.