Proper nutrition is critical for the early growth and development of a newborn. The best way to feed a baby is breastfeeding. Breast milk provides the ideal combination of vitamins and nutrients a growing infant needs. In addition, it contains antibodies that help fight certain diseases. Breastfeeding also has benefits for new moms, such as lowering the risk of breast and ovarian cancer and heart disease. Newborns should be breastfed exclusively for the first six months and continue breastfeeding, with complementary foods, through at least the first year of life. New moms: Help your baby get off to a great start by providing the best nutrition available.

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

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