



A MINUTE OF HEALTH WITH CDC

Breastfeeding is Best

Racial and Geographic Differences in Breastfeeding – United States, 2011-2015

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

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.

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