



amaltheia

BABY-FRIENDLY COMMUNITIES | BREASTFEEDING

BABY-FRIENDLY COMMUNITIES FOR THE PROMOTION OF BREASTFEEDING

IS IT THE IDEAL FOOD FOR YOUR BABY?

BREAST MILK

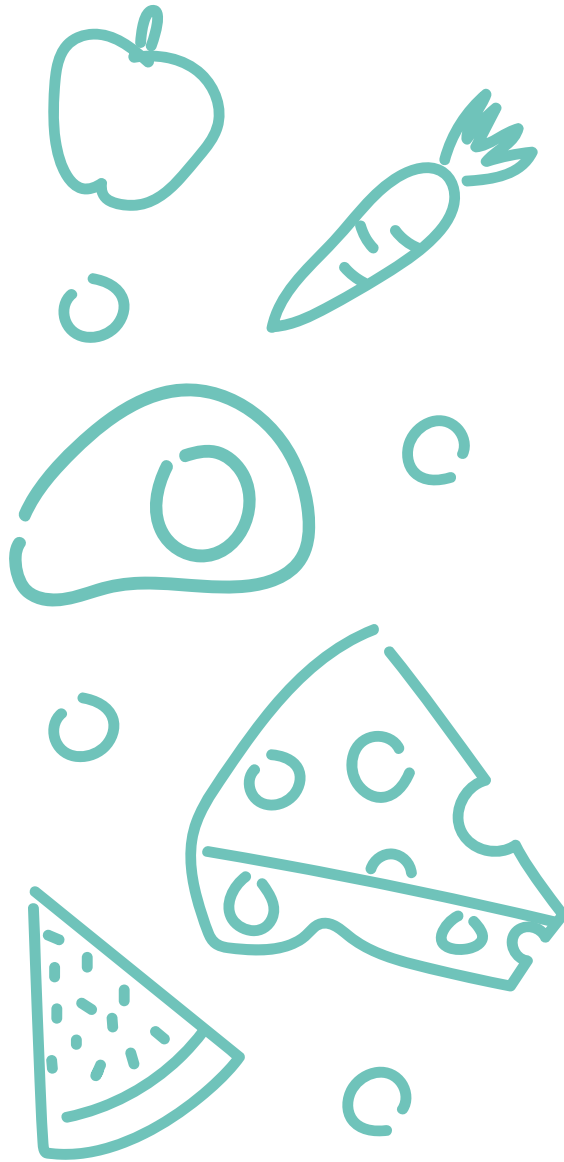
IS IT IRREPLACABLE?

IS IT UNIQUE?

The composition, nutritional value and
unique characteristics of breast milk

Breast milk and mother's nutrition

- The diet of the breastfeeding mother must be complete and balanced in order to provide nutrients to meet the mother's nutritional needs and to ensure the nutritional quality of her milk
- Maternal diet can affect the type of lipids in her breast milk
- Flavors and aromas from the maternal diet transfer to breast milk. A varied diet is a way of exposing the baby to various tastes



The image features a teal-colored illustration on the left side. It includes two water droplets at the top, a stylized profile of a baby's head with curly hair in the middle, and a solid teal shape at the bottom representing a baby's body or a blanket. The text is positioned to the right of these illustrations.

Did you know that the mature breast milk...

- Provides **65-70 calories / 100ml**
- Consists of **87-88% water**
- Contains about **1% proteins, 3.5% lipids and 7% carbohydrates**, with the predominant carbohydrate being lactose
- Contains **vitamins, minerals and trace elements** that are essential for your baby

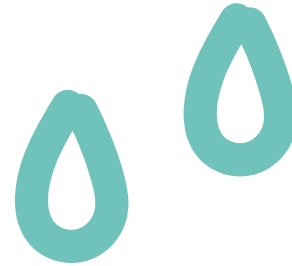
Did you know that...

- Colostrum (1st – 4th day) is very high in proteins and antibodies
- Each mother's breast milk has the ideal composition for her baby
- The composition of breast milk changes over time, according to baby's age, to meet their needs
- Breast milk has the highest fat content at the end of each feeding, which is a necessary nutrient for your baby's development and growth
- The breast milk of mothers with premature babies contains more protein, to support their increased needs during these first days

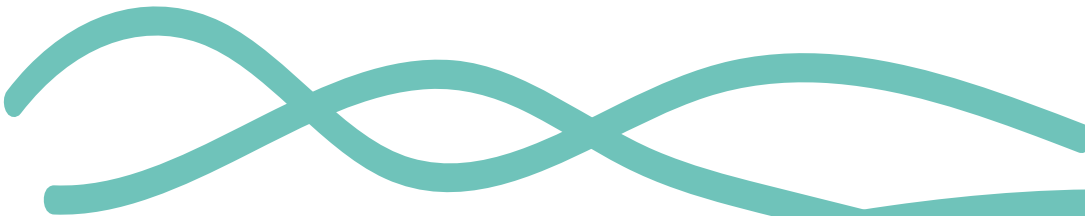


*Therefore,
breast milk is
the ideal food
for your baby*

Breast milk contains unique ingredients...



- **Human milk oligosaccharides** which are “food” for the beneficial microorganisms in baby’s gut
- **Lactoferrin**, a protein that ensures the best absorption of iron
- **Cells**, such as macrophages, which help baby’s immune system
- **Immunoglobulins (antibodies)**, which provide immunity to the baby
- **Metabolic hormones**, such as adiponectin, leptin and ghrelin, which help regulate the baby’s energy intake and hunger
- **Other hormones and growth factors**, with important effects in baby’s body



Breast
milk is
irreplaceable

Breast milk contains important ingredients (antibodies, hormones, growth factors) that are currently impossible to add in infant formula. Infant formula is designed to provide the energy and nutrients babies need and to support their development. However, it is a substitute for breast milk.



baby-friendly community
breastfeeding



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