

Beware!

For Your Baby:

When you feed your baby with infant formula, you increase your baby's chance of having:

21
Dangers
you
did not
know
of
Milk
Powder

- 1) Asthma
- 2) Allergies
- 3) Ear infections
- 4) High blood pressure & heart disease
- 5) Respiratory infections
- 6) Lower IQ and cognitive development
- 7) Obesity
- 8) Iron-deficiency anemia
- 9) SIDS (Sudden Infant Death Syndrome)
- 10) Diabetes
- 11) Digestive problems
- 12) Childhood cancers
- 13) Exposure to environmental contaminants
(dangerous germs and harmful chemicals)
- 14) Breathing problems during sleep (Sleep apnea)
- 15) Dental problems & malocclusions

For the Mother:

If you don't breastfeed, you increase your own chance of developing:

- 16) Diabetes
- 17) Overweight & obesity
- 18) Osteoporosis
- 19) Breast cancer, ovarian cancer & uterine cancer
- 20) High blood pressure & heart disease
- 21) Reduced child spacing

From an information flyer based on evidence based research developed by the World Alliance for Breastfeeding Action (WABA)



Ministry of Health, Nutrition
& Indigenous Medicine



Family Health Bureau



COUNTRY OFFICE FOR
Sri Lanka



World Alliance for
Breastfeeding Action