

Did you know?

Breast milk is the best start for babies. Amazingly, the nutrients in breastmilk continuously change to match the growth and development of a baby throughout infancy. Every mom produces her own unique milk because her diet can influence the amount of nutrients such as vitamin A, vitamin D, B-complex vitamins, iodine, essential fatty acids, and the long-chain polyunsaturated fatty acid DHA. It is important that moms follow a healthy diet and stay well hydrated while breastfeeding for adequate milk production.