

I breastfeed because I want my baby to have the best start.



*Share the gift only you can give.*



*There are lots of reasons to breastfeed.*



Get sick less often.  
Have fewer ear infections.  
Be a healthy weight.

**breastfeed**  
a natural foundation

NORTH CAROLINA  
**Health**  **Wellness**  
TRUST FUND



**For more information:**

[www.NCHealthyStart.org](http://www.NCHealthyStart.org)

CARE-LINE  
1-800-662-7030

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For you  
and your baby.

I breastfeed because it  
reduces my risk  
of breast cancer.

Reduces my risk  
of diabetes.



I support breastfeeding  
because it's great  
for mom and baby.



My granddaughters  
are breastfed.

Nothing but the best  
for them.

