



Breastfeeding is the preferred nutrition for infants and is undisputedly the best nourishment for all infants worldwide. Human milk contains a balance of nutrients and bioactive components that ensures optimal growth and development of an infants body and organs.

AT NUTRICIA, WE SEE BREASTFEEDING AS THE GOLDEN STANDARD FOR INFANT FEEDING

Recommendation

At Nutricia, we adhere to the public health recommendation by the World Health Organisation (WHO) and UNICEF with respect to breastfeeding (5): “Exclusive breastfeeding up to 6 months of age, with continued breastfeeding along with appropriate complementary foods up to two years of age or beyond.”

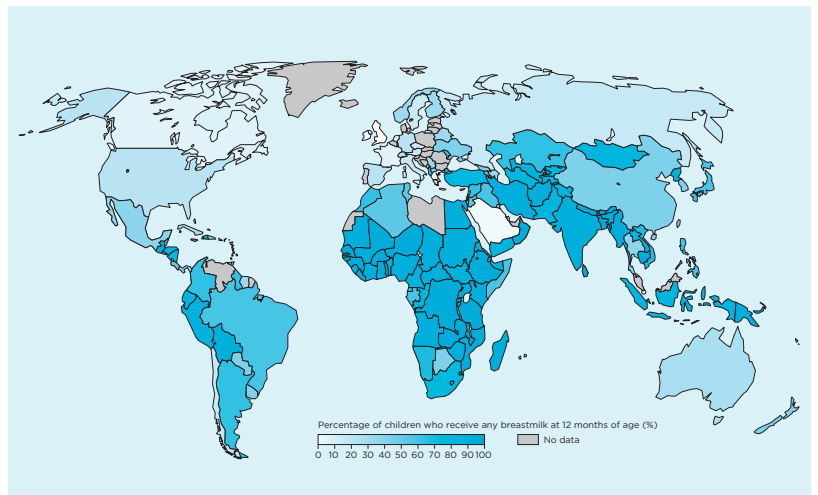
GLOBAL BREASTFEEDING RATES

In low and middle income countries, today only 37% of infants up to 5 months of age are exclusively breastfed. The exclusive breastfeeding rates up to 6 months vary greatly between countries. Apart from personal and social factors, the local culture and environment influence a mother’s decision to breastfeed [6].

Exclusive breastfeeding covers all nutritional needs in the first 6 months of life [1,2]

EXCLUSIVE BREASTFEEDING UP TO 6 MONTHS

Exclusive breastfeeding covers all nutritional needs including the complete fluid requirements of infants in the first 6 months [1,2]. Only after gut maturation and immune competence have improved and infant feeding physical capabilities have developed, should infants receive nutritionally adequate and safe complementary foods with breastfeeding continuing for up to two years of age or beyond [3,4].



Global distribution of breastfeeding at 12 months
Data are from 153 countries between 1995 and 2013 [7].

BREASTFEEDING TARGET AND SUPPORT

The WHO has set a *global nutrition target* for 2025 to increase the current percentage of only around 37% exclusive breastfeeding in the first 6 months to *at least 50%*.

Scaling up efforts to increase rates of exclusive breastfeeding requires actions in breastfeeding education, training and professional development at health-system level, communication strategies, increased awareness on community level, and strong political commitment and coordination on policy level [3].



Danone Nutricia Research actively adheres to the WHO's nutrition target. We generate science on human milk to drive and support nutritional solutions and innovations. For more than 40 years, we conduct rigorous research into the composition of human milk to better understand its health benefits. We

have published more than 150 articles on our human milk research and continue to discover more. We translate our science into innovative nutritional solutions within the first 1000 days.

References

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- 2 WHO. (1997) Breastfeeding and the use of water and teas.
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- 4 WHO. (2003) Global strategy on infant and young child feeding.
- 5 WHO. (2001) Kramer, M. S., & Kakuma, R. Optimal duration of exclusive breastfeeding (Review).
- 6 Radzimirski, S., & Callister, L.C. (2016) *The Journal of perinatal education*, 25(1), 18.
- 7 Victora *et al.* (2016) *The Lancet*, 387(10017), 475-490.