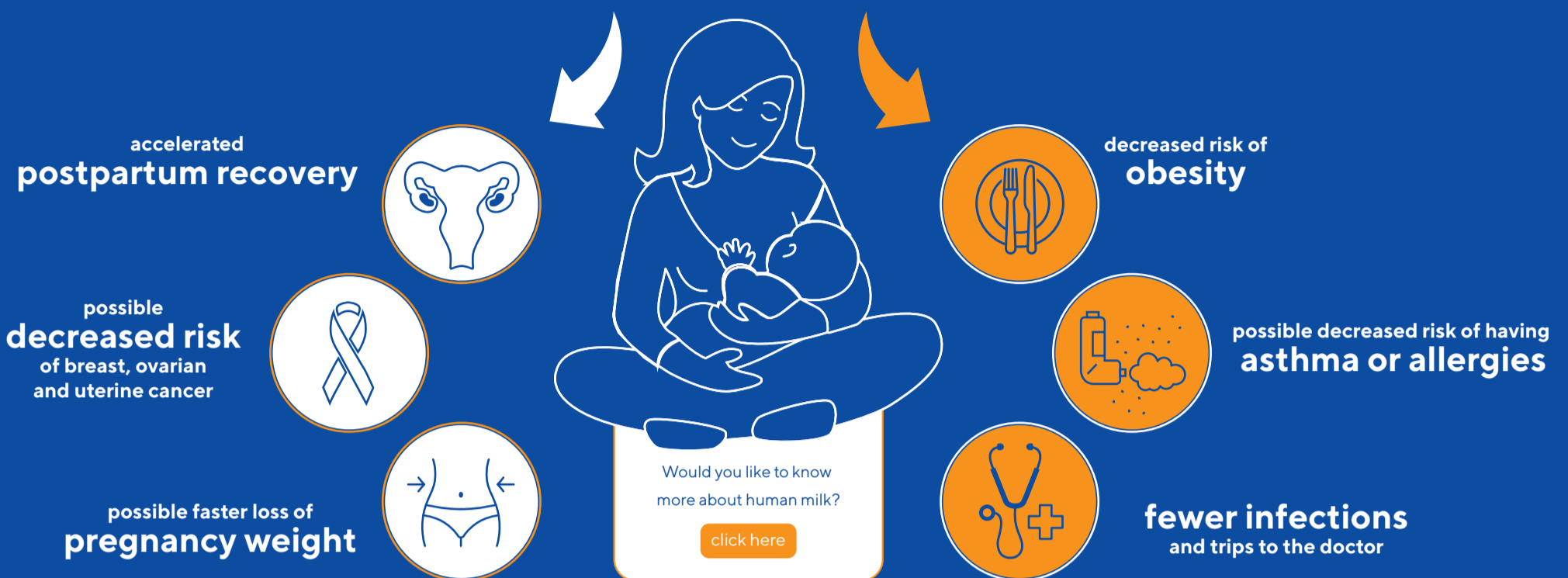


# Gentle Nutrition

for optimal growth of development of infants

Human milk naturally fulfils the specific needs for healthy growth and development.<sup>1,2</sup> Breastfeeding is beneficial for both mother and child and is linked to many health benefits.<sup>3</sup> When breastfeeding is not an option, formula feeding offers a safe alternative.

## A few of the many benefits of breastfeeding for mothers and infants<sup>4-9</sup>



## Breastfeeding during the First 1000 Days

The early phase of life consists of different developmental stages in which the infant's body matures and develops

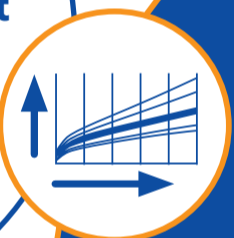
Adequate nutrition is crucial for the infant's physiological maturation and lifelong health<sup>10-12</sup>

### Development of an infant



growth

The infant will triple its birth weight in the first year and double its height by two years of age<sup>13</sup>



brain

40,000 new synapses are added to a baby's brain every second just after birth

a baby's brain reaches 70% of its adult size by the first birthday<sup>14</sup>



immune system

During the first months after birth, the immune system is still immature<sup>15</sup>



well-balanced gut microbiota

Examples of external postnatal factors establishing the gut microbiota of the infant:



breast feeding



genetics



environment



antibiotics



mode of delivery

Ref:12,16.

During the first year of life the digestive system is still immature. Main differences between infants and adults are found in the digestive enzymes and the elevated gastric pH in infants<sup>17-20</sup>

digestive system



Human milk is the sole source of nutrition during the first 6 months of life and fulfils the specific needs of infants who are growing and developing.<sup>1,2</sup>

When breastfeeding is not an option, infant formula provides a safe alternative. Infant formulas are predominantly mammal milk-based and need to be adapted to fulfil the nutritional needs of infants.<sup>3</sup>



Would you like to know more about gentle goat milk formula?

[click here](#)

**References:** 1: Wopereis 2014. 2: Scholtens 2012. 3: WHO, 2003. 4: Lawrence & Lawrence, 2011. 5: Collaborative Group on Hormonal Factors in Breast Cancer, 2002. 6: Jordan et al, 2017. 7: Kramer et al. 2010. 8: Allen et al. NSW Public Health Bulletin. 9: The Early Nutrition eAcademy. 10: Reilly et al. 2005. 11: Whitaker et al. 1998. 12: Castello et al. 2015. 13: WHO (<https://www.who.int/childgrowth/en/>). 14: Aamodt et al. 2011. 15: Dominguez-Bello et al. 2019. 16: Milani et al. 2017. 17: Weaver 1992. 18: Shani-Levi 2017. 19: Kelly 2000. 20: Lenfestey 2018.

**Disclaimers:**

- Ausnutria acknowledges that breastfeeding is the best food for infants aged 0-6 months and supports prolonging breastfeeding up to 24 months (age 2).
- For health care professionals only.