

## **Breastmilk for All Babies – Are We There Yet?**

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Although all mammals breastfeed their young, breast milk is specie-specific and is tailor-made for each baby. It provides optimal nutrition in the first 1000 days of life resulting in better brain growth with higher IQ, protection against childhood infections, allergies, dental malocclusion, malignancies along with ensuring a healthier adulthood with lower risk of non-communicable disease. While Sri Lanka topped the World Breastfeeding Trends