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*Special Issue Reprint*

## **Breastfeeding: Benefits to Infant and Mother**

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Successful breastfeeding has benefits for both mother and infant that extend the lifespan. Unfortunately, the health disparities in breastfeeding are striking, and the variable rate of breastfeeding across racial or ethnic groups and among individuals with different socioeconomic statuses is an under-appreciated public health crisis. Overall parity in breastfeeding rates through 6 months could substantially reduce the incidence of childhood infection and the devastation of sudden infant death syndrome. To improve public health and education, further data are needed regarding the short-term and long-term benefits of breastfeeding across diverse cohorts. For this Special Issue of *Nutrients*, we solicited contributions to better define and expand our shared understanding of the global benefits of breastfeeding to infants and mothers.



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