

LaTonya Toledo breastfeeds her daughter Nizhoni to give her a great start in life.



LaTonya Toledo
(Navajo) and
Nizhoni Treviño
(Navajo),
6 months

Photo by
Wylonda Horseson
(Navajo/Puyallup)

**Moms who breastfeed give their babies the best nutrition.
Breastfeeding helps babies grow up to be
healthy community members.**



IHS Division of Diabetes Treatment and Prevention

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