

Breastfeeding stands as a pivotal low-cost intervention to bolster perinatal health for several reasons:

1. **Economic Efficiency**: Breastfeeding proves cost-effective compared to formula feeding, thereby ensuring accessibility across diverse socio-economic strata and mitigating healthcare expenses associated with treating formula-fed infants [4].
- Nutritional Superiority**: Breast milk offers a matchless blend of nutrients, antibodies, and bioactive compounds crucial for the infant's optimal growth and immune system development [1].
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- 3.
- 4.
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