



Breastfeeding mothers are the sole source of DHA omega-3 fatty acids for developing babies.



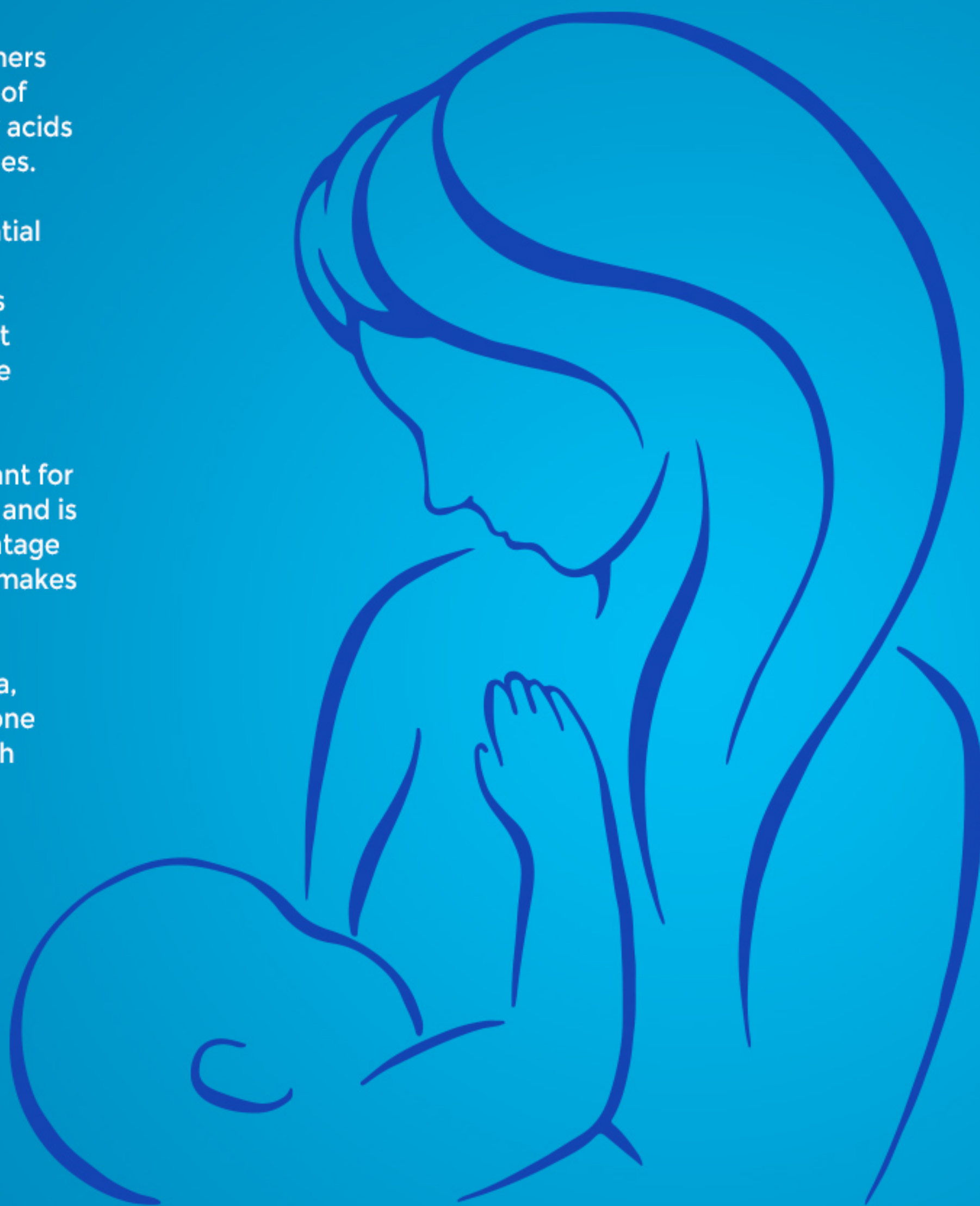
DHA plays an essential role in infant eye development and is found in the highest concentration in the retina of the eye.



DHA is also important for brain development and is a significant percentage of fatty tissue that makes up the brain.



When using formula, be sure to choose one that is enriched with DHA and ARA.



**Omega-3s**  
Always a good idea™

[alwayssomega3s.com](http://alwayssomega3s.com)

To get the **recommended** minimum **300 mg daily DHA**, breastfeeding moms should **eat two servings of fatty fish** each week, consume **DHA fortified foods and drinks**, and/or take an **omega-3 supplement**.

Sources: <http://bit.ly/nursingDHA>