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## Study shows adolescents who were breastfed at birth have stronger leg muscles

5. January 2011 06:22

Breast feeding new born babies has lots of advantages in the short and in the long-term for babies. A study has confirmed the recently discovered benefits, which had not been researched until now. Adolescents who are breast fed at birth have stronger leg muscles than those who received artificial milk.

Enrique García Artero, the principal author of the study and researcher at the University of Granada pointed out that, "Our objective was to analyse the relationship between the duration of breastfeeding babies and their physical condition in adolescence". "The results suggest further beneficial effects and provide support to breast feeding as superior to any other type of feeding".

The authors asked the parents of 2,567 adolescents about the type of feeding their children received at birth and the time this lasted. The adolescents also carried out physical tests in order to evaluate several abilities such as aerobic capacities and their muscular strength.

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