



## 10 CAM I BWYSAU IACH

## 10 STEPS TO A HEALTHY WEIGHT



Mae babanod sydd wedi'u bwydo ar y fron yn fwy tebygol o gynnal pwysau iach erbyn iddynt gyrraedd oedran ysgol.

Babies who are breastfed are more likely to be a healthy weight by school age.

