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Nota di contenuto	Intro -- CONTENTS -- Abstract -- Introduction -- Search methods -- Selection criteria for studies -- Types of intervention/exposure -- Types of outcome measures -- Search strategy for identification of studies -- Selection of studies for inclusion -- Review methods -- Description of studies -- Methodologic quality of included studies -- Data collection -- Data analysis -- Results -- Comparison 1: Controlled trials of exclusive vs mixed breastfeeding for 4-6 months, developing countries -- Comparison 2: Observational studies of exclusive vs mixed breastfeeding for 3-7 months, developing countries -- Comparison 3: Observational studies of exclusive vs mixed breastfeeding for 3-7 months, developed countries -- Discussion -- Summary of findings -- Implications for future research -- Conclusion -- References -- Annexes -- Annex 1. Comparison 01: Exclusive vs mixed breastfeeding 4-6 months, developing countries, controlled trials -- Annex 2. Comparison 02: Exclusive vs mixed breastfeeding 3-7 months, developing countries, observational studies -- Annex 3. Comparison 03: Exclusive vs mixed breastfeeding 3-7 months, developed countries, observational studies.

## Sommario/riassunto

The longstanding debate over the optimal duration of exclusive breastfeeding has centered on the so-called "weanling's dilemma" in developing countries: the choice between the known protective effect of exclusive breastfeeding against infectious morbidity and the (theoretical) insufficiency of breast milk alone to satisfy the infant's energy and micronutrient requirements beyond 4 months of age. The primary objective of this review is to assess the effects on child health, growth, and development, and on maternal health, of exclusive breastfeeding for 6 months vs exclusive breastfeeding for 3-4 months with mixed breastfeeding (introduction of complementary liquid or solid foods with continued breastfeeding) thereafter through 6 months.

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