Breastmilk has more of what babies need.

Breastmilk

Antibodies
Anti-Cancer (HAMLET)
Growth Factors
Enzymes
Disease Fighting Stem Cells
Hormones
Anti-Viruses
Anti-Allergies
Anti-Parasites
Probiotics
Prebiotics
Minerals
Vitamins
Fat
DHA/ARA
Carbohydrates
Protein
Water

Formula

Probiotics*
Prebiotics*
Minerals
Vitamins
Fat
DHA/ARA
Carbohydrates
Protein
Water

*Not in all formulas
Breastmilk provides what babies need to be strong, healthy and smart.

Breastmilk:

- Is always ready
- Is easy to digest, so—less spit up, diarrhea, and constipation
- Helps protect against asthma, allergies, diabetes and obesity
- Will change to meet your baby’s growing needs
- Helps your baby’s brain develop

When you breastfeed...

Your baby:

- Is healthier.
- Doesn’t have as many ear infections.

You:

- Are less likely to have post-partum depression.
- Lose weight more quickly.
- Share a special bond with your baby.

Developed by the California WIC Program.