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.