

Breast Milk vs. Formula

Compared to breast milk, formula is missing many things babies need for brain development and good health! In many ways, breastfeeding is more convenient than using infant formula. Breast milk is always ready to use. It is pre-mixed, pre-warmed, clean, safe for your baby... and it's free!

Breast Milk

- Water
- Protein
- Carbohydrates
- DHA/ARA
- Fats
- Vitamins
- Minerals
- Enzymes
- Growth factors
- Anti-parasites
- Anti-allergens
- Anti-viruses
- Hormones
- Antibodies

Formula

- Water
- Protein
- Carbohydrates
- DHA/ARA
- Fats
- Vitamins
- Minerals

Breast milk:

- Contains over 100,000 components
- 1 tsp of breast milk has over 1 million antibodies
- Is convenient—it's always ready
- Is clean and safe
- Is never too hot or too cold



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Breast milk is the perfect form of nutrition for your baby!

There are also many benefits to breastfeeding:

Benefits of Breastfeeding

Benefits for Baby

- Better brain development
- Lower risk of Sudden Infant Death Syndrome (SIDS)
- Fewer illnesses and hospitalizations
- Less diarrhea and constipation
- Less colic, gas, and spitting up
- Fewer ear, respiratory, and urinary tract infections
- Lower risk of allergies and asthma
- Reduced risk of childhood and adult obesity
- Reduced risk of some childhood cancers
- Reduced risk of heart disease and type 2 diabetes later in life
- Reduced risk of multiple sclerosis
- Reduced risk of juvenile rheumatoid arthritis
- Helps promote proper jaw, tooth, and speech development
- Easier to transition to solids as breast milk offers a variety of tastes and flavors based on mother's diet, reducing picky eating later in life
- Special time for mom and baby to bond

Benefits for Mom

- Helps with weight loss through healthier eating
- Lowers risk of diabetes
- Lower risk of breast, ovarian, and uterine cancer
- Lowers rates of postpartum depression
- Improves bone density
- Creates an important bond between mom and baby
- Saves money! You will miss fewer days of work and will spend less on medical bills because breastfed infants get sick less often!
- Helps uterus return to normal size and reduced bleeding after birth
- Saves time! Breast milk is always ready to go. There's no preparation, heating, or sterilizing. Breast milk comes in just the right amounts and at the correct temperature. When you breastfeed you can feed your baby immediately. Always ready and accessible when busy moms are on the go.
- If only breastfeeding and giving no formula, WIC moms will receive additional food benefits.



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