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 *Not in all formulas

Probiotics*

Prebiotics*

Minerals

Vitamins

Fat

DHA/ARA

Carbohydrates

Protein

Water

800.445.6175







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

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