Mother’s Milk or Formula?

How you feed your baby may or may not be an easy choice for you, but it is an important one. Your baby’s health is determined by “building blocks” that are in the foods your baby receives.

Mother’s Milk

- Antibodies
- Hormones
- Anti-Viruses
- Anti-Allergies
- Anti-Parasites
- Growth Factors
- Enzymes

Formula

- Minerals
- Vitamins
- Fat
- DHA/ARA
- Carbohydrate
- Protein
- Water

Formula-fed babies are more likely to have one or more of the following:

- Fussiness
- Constipation
- Colic
- Vomiting
- Allergies
- Asthma
- Infections
- Cancer
- Diabetes
- Obesity
- SIDS
- Lower IQ

Mothers who use formula are more likely to have:

- Breast cancer
- Uterine cancer
- Osteoporosis
- Anemia
- Obesity

Breastfeeding for even a few weeks is better than not at all. The longer you breastfeed, the better it is for you and your baby.

Mother’s milk only for the first six months. Mother’s milk plus baby foods after six months.