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

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





California Department of Public Health, California WIC program

This institution is an equal opportunity provider.

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