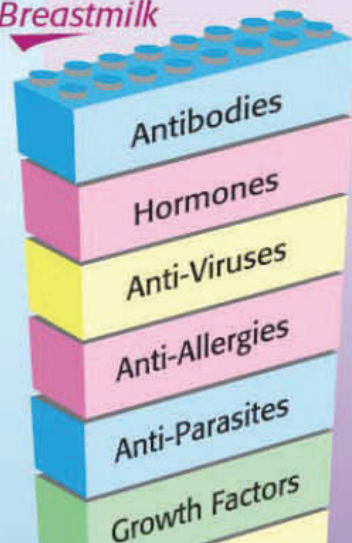


Comparing Human Milk to Formula:

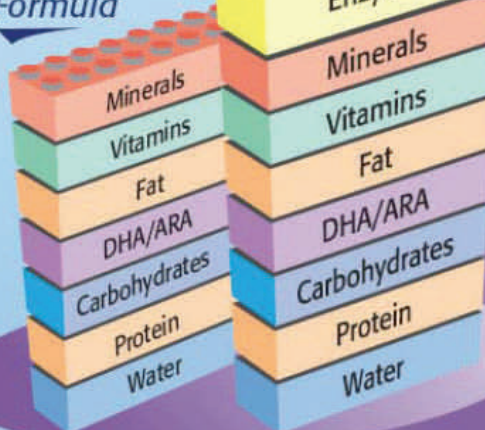
See for yourself!

Breastmilk has **more** of the good things babies need

Breastmilk



Formula



WIC Supplemental Nutrition Branch
California Department of Health Services
Arnold Schwarzenegger, Governor, State of California
S. Kimberly Belshé, Secretary, Health and Human Services Agency
Sandra Showry, Director, California Department of Health Services
IC# 3/05



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Human Milk, Formula or Both... What's Best?



Babies Are Born To Be Breastfed

Question: *If I breastfeed and give formula, will my baby get the best of both worlds?*

Answer: Breast milk has everything that a baby needs for the best growth and development. Formula is not the same as breast milk. (See chart for comparison)



Q: *The hospital sent me home with formula and WIC gives formula. Does this mean formula is good for my baby?*

A: Formula companies are experts at marketing and have given hospitals free samples to encourage women to use formula. WIC knows breast milk is the best milk for babies and fully supports all breastfeeding mothers. In fact...

The American Academy of Pediatricians States:

- ◆ **Only** breast milk should be offered for about the first six months of life.
- ◆ To help get breastfeeding off to a good start, babies should have skin-to-skin contact with their mothers right after delivery.
- ◆ Breastfeeding should continue for at least one year and as long after as mom and baby want.

Q: *Will I need formula if I don't make enough milk.?*

A: **The more breast milk your baby takes, the more milk your body makes. When you give your baby formula, your body makes less milk.** You can increase your milk supply by nursing more often. Breast size and family history do not affect your milk supply. Cold weather will not cause your breast milk to dry up either. Call your pediatrician to check your baby's weight for reassurance that they are growing well.

Q: *I'm concerned my milk isn't good for the baby because I don't eat healthy foods and sometimes have angry thoughts and feelings.*

A: None of these factors will cause your breast milk to be bad for your baby. Your milk is always better than formula.

Q: *How can I breastfeed if I go back to work or school?*

A: Breastfeeding while at school or work is good for you and your baby. You will feel closer to your baby even though you have to be separated. You have several options for breastfeeding while away from your baby. Pumping your milk and having caregivers feed your milk from a bottle is one option. Talk to your Pediatrician or WIC staff about breast pump options.



Formula Fed Babies Have:

- ◆ More doctor visits:
 - ◆ 3-4 times more ear infections
 - ◆ 10 times more RSV
 - ◆ 13 times more hospitalizations
- ◆ More constipation, diarrhea, spitting up, and colic
- ◆ No protection against SIDS, diabetes, leukemia, cancer, overweight and obesity, high cholesterol, and allergies
- ◆ Lower IQs



Disadvantages of Formula for Moms:

- ◆ It's expensive—formula costs between \$2,000 to \$5,000 a year!
- ◆ Lots of work:
 - ◆ Making time to buy formula
 - ◆ Mixing and warming formula
 - ◆ Finding clean water
 - ◆ Washing bottles and nipples
 - ◆ Packing extra things in the baby bag
- ◆ Dirty diapers smell much worse than diapers of breast fed infants
- ◆ No protection against breast cancer, ovarian cancer, osteoporosis, or diabetes
- ◆ Longer healing time after delivery
- ◆ Bad for the environment— formula cans create 87,230 tons of landfill waste a year!