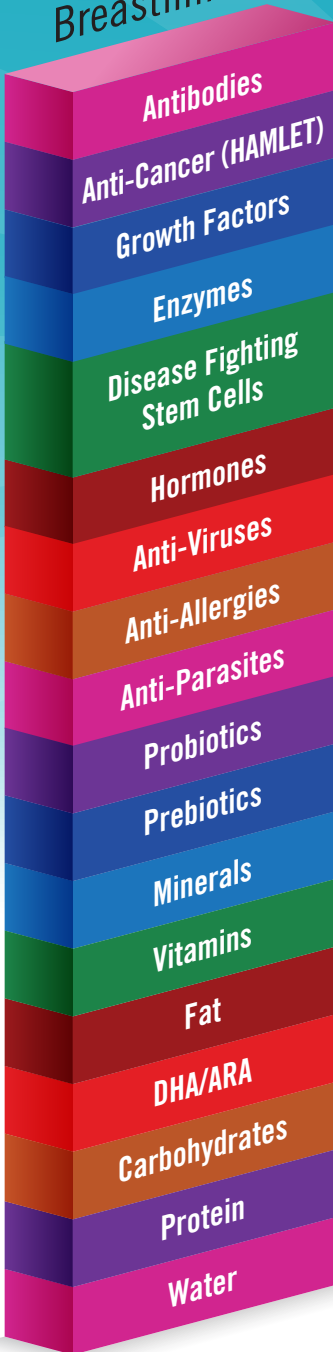


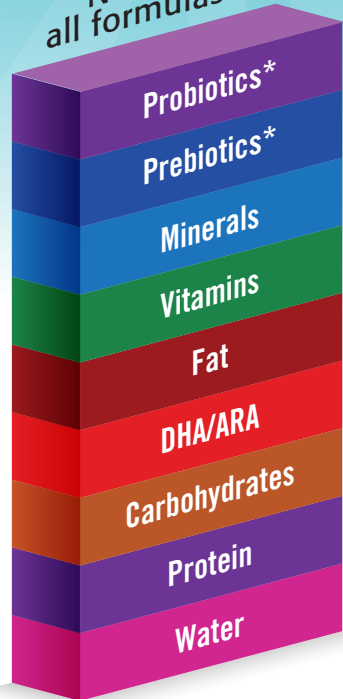
Breastmilk

has **more** of what babies need.

Breastmilk



Formula
*Not in all formulas





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

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