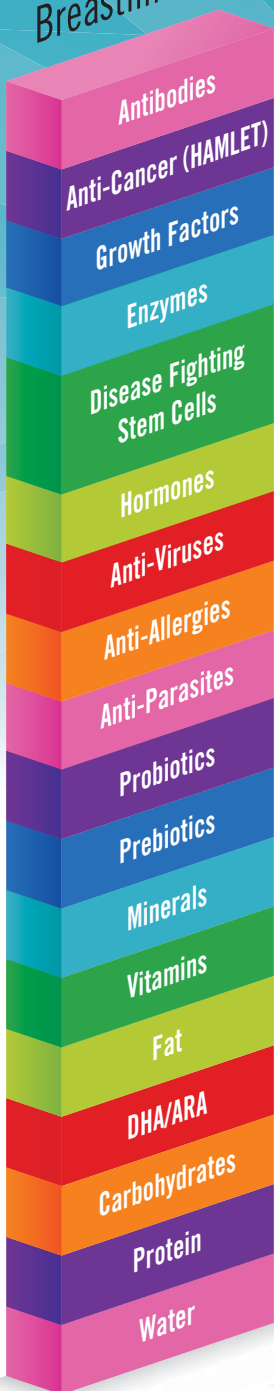


# Breastmilk

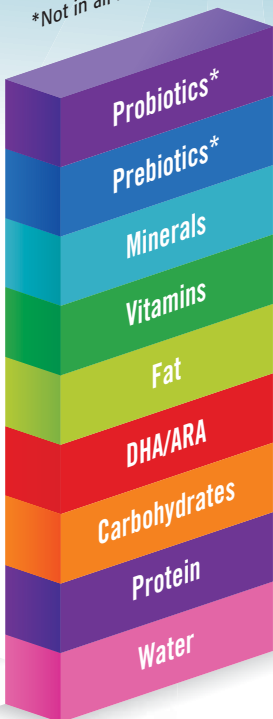
has **more** of what babies need.

Breastmilk



Formula

\*Not in all formulas



California Department of Public Health,  
California WIC Program

1-800-852-5770  #920095 Rev 10/14





*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.
- 