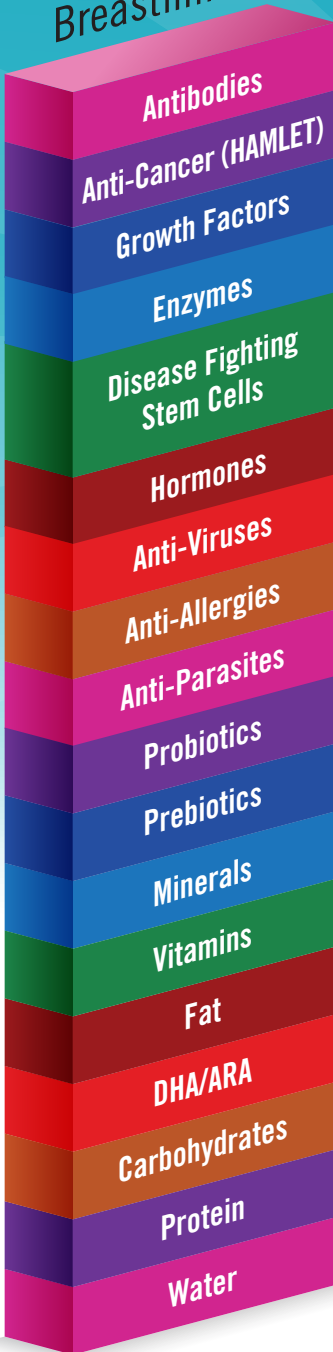


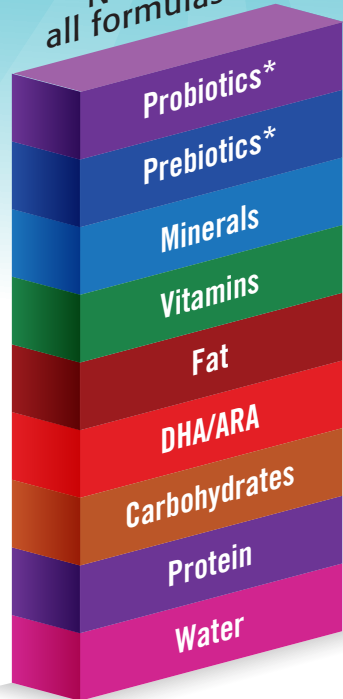
# Breastmilk

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**

*This institution is an equal opportunity provider.*

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