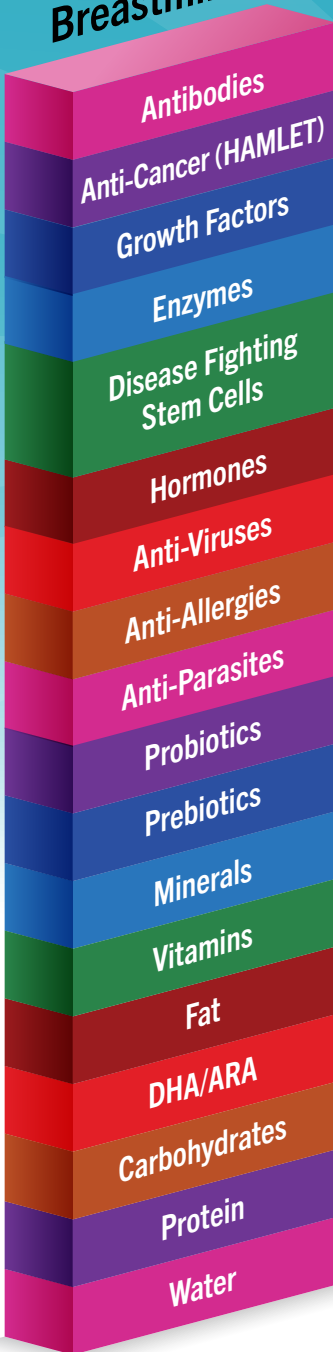


Breastmilk

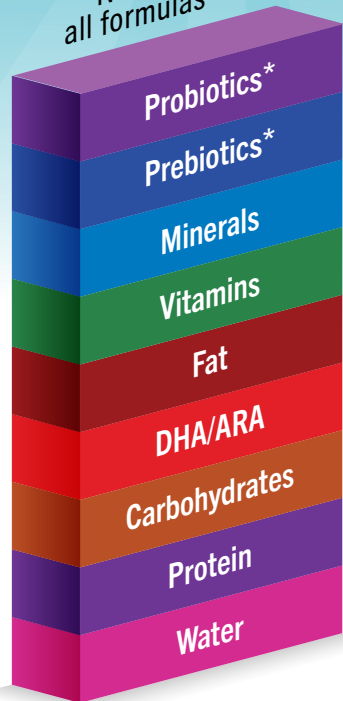
has **more** of what babies need.

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.

1-800-852-5770 | MyFamily.WIC.ca.gov

Rev 02/24