Breastmilk has more of what babies need.

Breastmilk:
- Antibodies
- Anti-Cancer (HAMLET)
- Growth Factors
- Enzymes
- Disease Fighting Stem Cells
- Hormones
- Anti-Viruses
- Anti-Allergies
- Anti-Parasites
- Probiotics
- Prebiotics
- Minerals
- Vitamins
- Fat
- DHA/ARA
- Carbohydrates
- Protein
- Water

Formula:
- Probiotics*
- Prebiotics*
- Minerals
- Vitamins
- Fat
- DHA/ARA
- Carbohydrates
- Protein
- Water

*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.