

Breast milk has more of what babies need.

Formula and breast milk both provide energy and nutrients to help your baby grow and be healthy. But formula doesn't come close to being able to provide the same health benefits as breast milk.

Most formula is made from cow's milk. Ingredients are added and taken out to make it safe for babies to drink. **Breast milk is made by you—specifically for your baby.** The ingredients in your breast milk are naturally produced in the perfect amounts for your baby.

Breast milk has:

- Antibodies to protect against viruses, parasites, infections, and diseases.
- Proteins that reduce the risk of cancer.
- White blood cells that fight infection.
- Enzymes that help digestion and the immune system.
- Stem cells that may help organs develop and repair.
- Hormones that regulate appetite.
- Probiotics and prebiotics to support a healthy digestive system.
- Vitamins and minerals from the foods you eat or have stored in your body.
- The right amount of electrolytes for your baby.
- Long-chain fatty acids (like omega-3) to help your baby's brain, nervous system, and eyes develop.



Breast milk gives your baby what they need to be strong, healthy, and smart.

- You always have food for your baby with you. You don't need to make or prepare anything—and it's free.
- Breast milk is easier on your baby's stomach than formula. Your baby may spit up less often, and have less diarrhea and constipation.
- Breastfeeding helps protect your baby against asthma, allergies, diabetes, and obesity.
- Your breast milk changes to meet your baby's needs as they grow.