

How Does Formula Compare to Breastmilk?

Did you know...

Formula-fed babies have a greater risk of:

- Ear infections
- Diarrhea/constipation
- Pneumonia
- SIDS (Sudden Infant Death Syndrome)

Children who were formula-fed have a greater risk of:

- Obesity (becoming overweight)
- Diabetes
- Asthma and allergies
- Cancer

What is the cost of formula feeding?

Breastmilk doesn't cost a cent, while formula feeding costs money. The dollars add up because you must buy the formula and baby bottle supplies. But the real cost of formula feeding is the cost to your baby's health...and the time you spend away from work or at the doctor when your baby is sick.



How Does Formula Compare to Breastmilk?

See for yourself!

Compared to mother's breastmilk, formula is missing many things babies need to be strong and healthy.

| Breastmilk | |
|--------------------|-----------------------|
| Antibodies | |
| Hormones | |
| Anti-Viruses | |
| Anti-Allergens | |
| Anti-Parasites | |
| Growth Factors | |
| Formula | |
| Enzymes | Artificial Prebiotics |
| Natural Prebiotics | Minerals |
| Minerals | Vitamins |
| Vitamins | Fat |
| Fat | DHA/ARA |
| DHA/ARA | Carbohydrates |
| Carbohydrates | Protein |
| Protein | Water |
| Water | |

Breastmilk changes to meet the baby's needs

