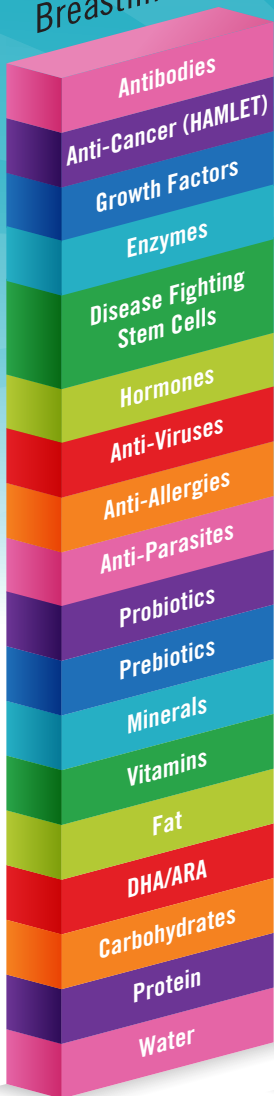


# Breastmilk

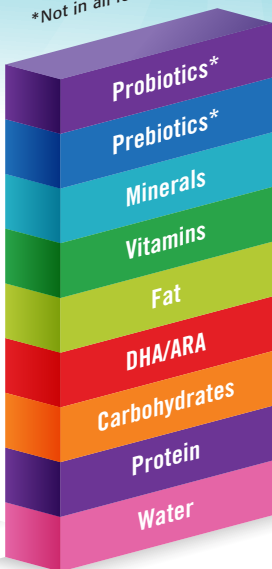
has **more** of what babies need.

Breastmilk



Formula

\*Not in all formulas



California Department of Public Health,  
California WIC Program

1-800-852-5770  #920095 Rev 2/14



A bright yellow sun with rays is partially obscured by white clouds against a blue background with radiating lines.

***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.
- 
- A collection of colorful 3D rectangular blocks in shades of purple, blue, cyan, green, red, pink, and orange, arranged in a cluster at the bottom of the page.