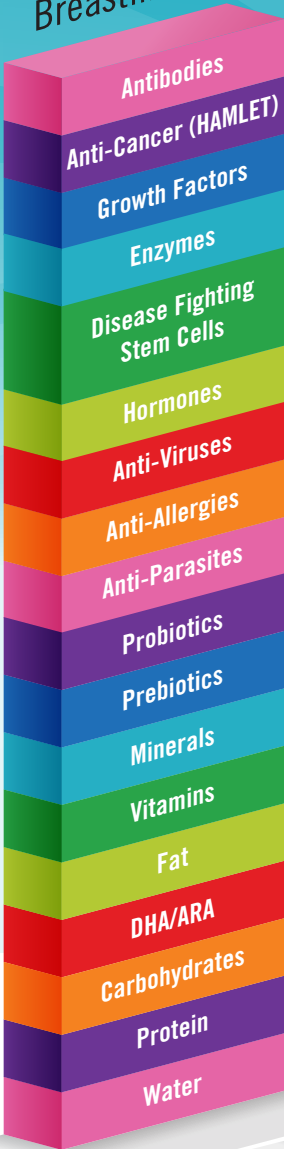


Breastmilk

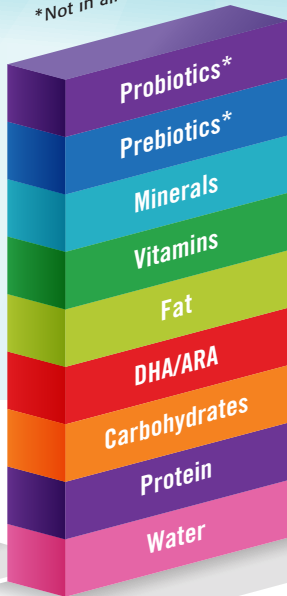
has **more** of what babies need.

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...

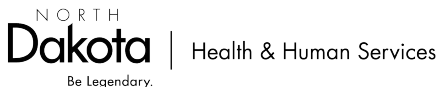
Your baby:

- *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.*

Developed by the California WIC Program.



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