Comparing Human Milk to Formula:

See for yourself!
Take a look at what formula is missing...

Breastmilk

- Antibodies
- Hormones
- Anti-Viruses
- Anti-Allergies
- Anti-Parasites
- Growth Factors
- Enzymes
- Minerals
- Vitamins
- Fat
- DHA/ARA
- Carbohydrates
- Protein
- Water

Formula

- Minerals
- Vitamins
- Fat
- DHA/ARA
- Carbohydrates
- Protein
- Water

© 2013 Denver Health

For breastfeeding support or questions, call the Denver Health WIC Lactation Line 303-602-9444

Nationally Ranked. Locally Trusted.

Human milk, formula or both...
Get the facts!

Babies are born to be breastfed
**Question:** If I breastfeed and give formula, will my baby get the best of both worlds?

**A:** Breast milk has everything that a baby needs for the best growth and development. Formula is not the same as breast milk. Giving even a little formula lowers the value of breastfeeding. (SEE CHART FOR COMPARISON)

**Q:** I’ve seen formula advertisements that say formula can help my baby be less fussy, less gassy, spit up less, and help with colic. Is this true?

**A:** Formula companies are experts at marketing. They are trying to sell you a product and make claims to create doubt about the completeness of breast milk. Although the claims make it sound like formula can solve common infant concerns, babies who are fed formula are actually more likely to have these problems. Often times, if babies start formula, they will have to switch formulas several times before finding one that they can tolerate. Breastfeeding and not feeding any formula is the best way to prevent these challenges.

**The American Academy of Pediatrics States:**
- Only breast milk should be offered for about the first six months of life followed by continued breastfeeding once baby foods are started for at least one year or longer.
- To help get breastfeeding off to a good start, babies should have skin-to-skin contact with their mothers right after delivery.

**What you may not have heard about giving formula...**

**Formula fed babies are at increased risk for:**
- 60% greater risk of ear infections
- 40% greater risk for diabetes
- 250% greater risk for hospitalization for asthma or pneumonia
- More constipation, diarrhea, colic and spitting up
- More allergies and eczema
- SIDS, leukemia, cancer, overweight and obesity and high cholesterol
- Lower intelligence scores

**Other disadvantages of formula:**
- It’s expensive—formula costs between $2,000 to $5,000 a year! WIC doesn’t provide 100% of infant formula needs
- Harder to lose weight
- Dirty diapers smell much worse than diapers of breast fed infants
- No protection against breast cancer, ovarian cancer, osteoporosis or diabetes
- Longer healing time after delivery
- Bad for the environment—formula cans create 87,230 tons of landfill waste a year!

**Moms say it is a lot more work than they thought because they have to:**
- Make time to buy formula
- Mix and warm formula
- Find clean water or boil tap water
- Wash bottles and nipples
- Pack extra things in the baby bag
- Do more laundry because formula spit-up stains more than breast milk spit-up

**Having difficulty breastfeeding?**
Call the Denver Health WIC Lactation Line at 303-602-9444.