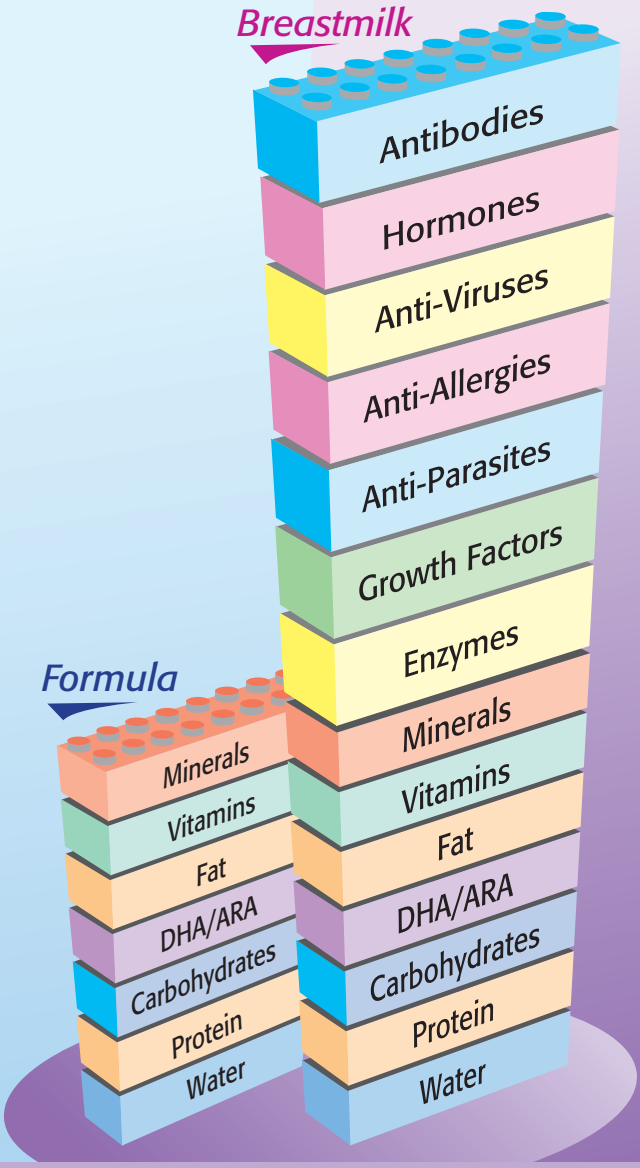
Breastmilk has more of the good things babies need



PUBLIC HEALTH
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Washington State Department of Health

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To submit a request, please call 1-800-841-1410 (TDD/TTY/TTY 711).

DOH 961-290 December 2014

How does formula compare to breastmilk?

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

Formula feeding costs money. The dollars add up because you must buy extra formula as your baby grows, since WIC does not give you all the formula your baby will need. But the real cost of formula 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.

Babies are born to breastfeed!