

# Best Feeding



Breastmilk and formula are not the same when it comes to providing nutrition for an infant.

Each woman's breastmilk is unique, and changes to meet her baby's nutritional and immunological needs as he or she grows.

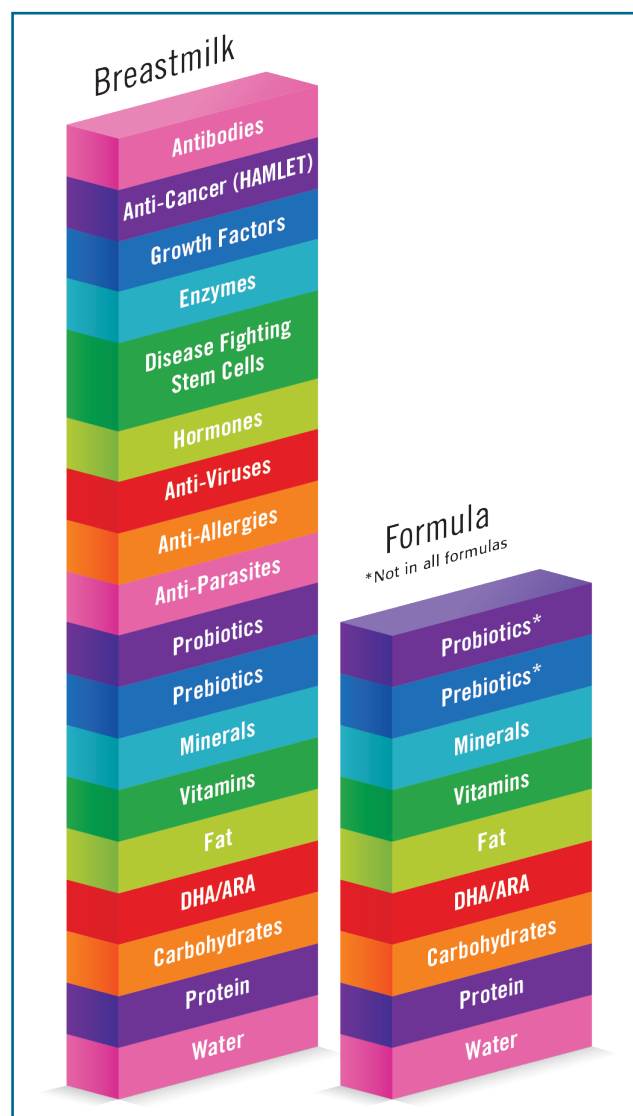
These living, changing parts of breastmilk cannot be duplicated in formula. Immune factors in breastmilk change based on mother and baby's germ exposure.

## Breastfed babies have a lower risk of developing:

- + Allergies
- + Asthma
- + Certain childhood cancers
- + Diabetes
- + Diarrhea
- + Ear infections
- + Gastrointestinal (stomach) illness
- + Obesity
- + Pneumonia
- + Sudden infant death syndrome (SIDS)

## Nursing mothers have a lower risk of developing:

- + Cardiovascular disease
- + Certain breast and ovarian cancers
- + Diabetes
- + Osteoporosis



Developed by the California WIC Program

Questions? Ask a lactation consultant for free!

Call 912-466-3184

In the hospital: Ask your nurse to page the lactation consultant.



SOUTHEAST GEORGIA  
HEALTH SYSTEM

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