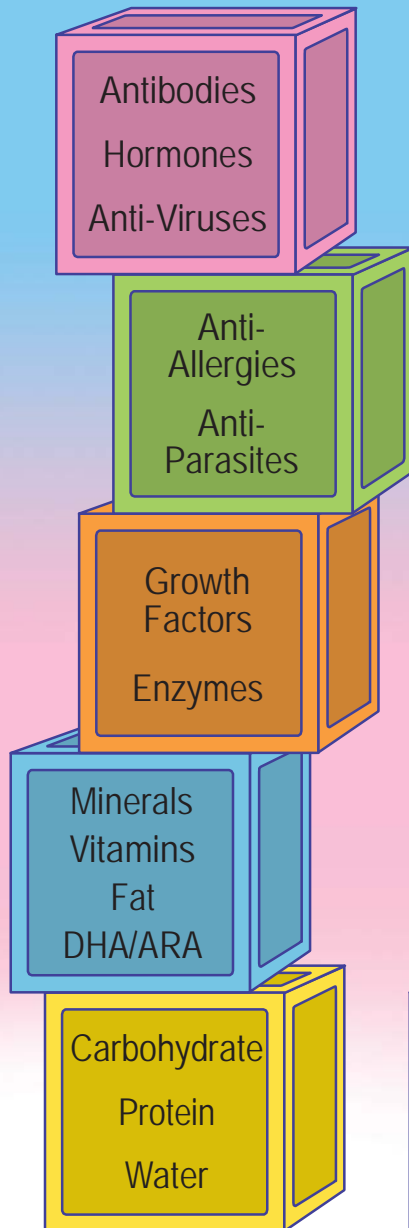


Mother's Milk or Formula?

MOTHER'S MILK

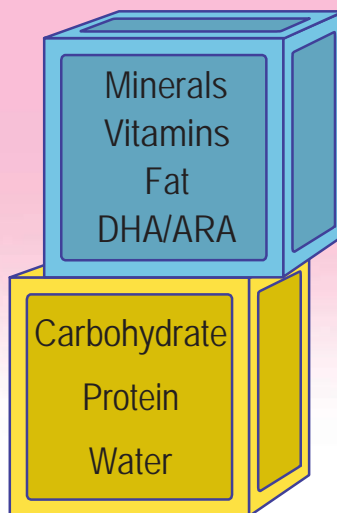


How you feed your baby may or may not be an easy choice for you, but it is an important one. Your baby's health is determined by "building blocks" that are in the foods your baby receives.

Formula-fed babies are more likely to have one or more of the following:

Fussiness	Infections
Constipation	Cancer
Colic	Diabetes
Vomiting	Obesity
Allergies	SIDS
Asthma	Lower IQ

FORMULA



Mothers who use formula are more likely to have:

Breast cancer
Uterine cancer
Osteoporosis
Anemia
Obesity

Breastfeeding for even a few weeks is better than not at all.
The longer you breastfeed, the better it is for you and your baby.

Mother's milk only for the first six months.
Mother's milk plus baby foods after six months.



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