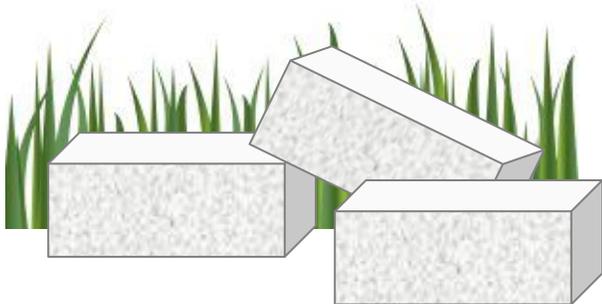


Mother's Milk or Formula?

How you feed your baby may or may not be an easy choice for you but it is an important one.

Your baby's growth and health are determined by "building blocks" that are in the foods your baby receives.



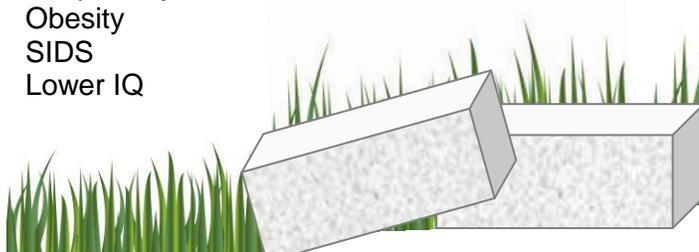
Formula increases health risks for moms and babies.

Baby:

- Fussiness
- Constipation
- Colic
- Vomiting
- Allergies
- Asthma
- Ear infections
- Cancer
- Diabetes
- Respiratory infections
- Obesity
- SIDS
- Lower IQ

Mom:

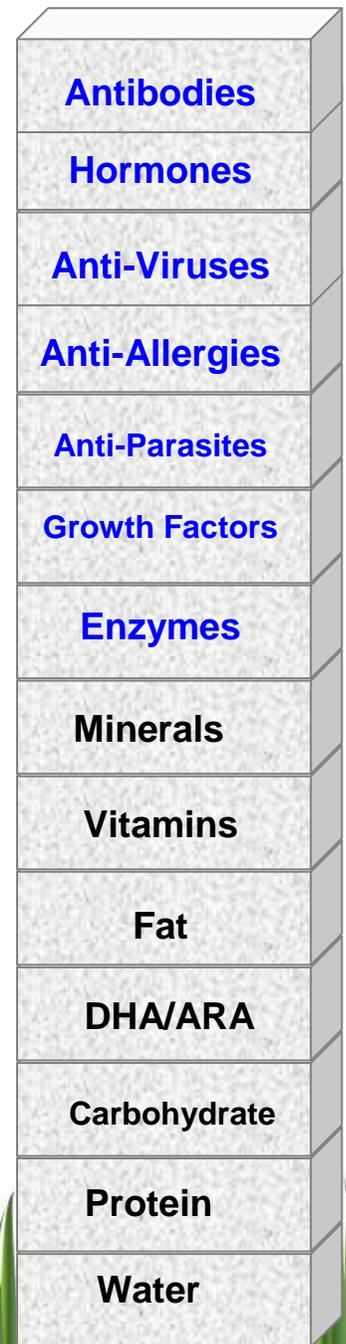
- Breast cancer
- Uterine cancer
- Osteoporosis
- Anemia
- Obesity



Formula



Mother's Milk



Nursing your baby for even a few weeks is better than not at all. It's best to keep nursing. The longer you do, the more protection you and your baby receive.

Mother's milk *only* for the first 6 months
Mother's milk plus baby foods *after* 6 months



Breastfeeding Awareness and Support Program
 Healthy Baby Line
 1-800-986-BABY



Pennsylvania WIC program
 1-800-WIC-WINS
 H511.940P June 2009