



## What if I give my baby some formula?

You are doing a great job mom! Your priceless milk is a gift of health to your baby. Some moms ask what would happen if they started giving baby some formula too.

### Here's what can happen to **BABY**:

- **Belly aches and gas.** Formula, even one bottle, changes how your baby digests food.
- **Ear aches, allergies and sick visits to the doctor.** Every bottle of formula you give means your baby gets that much less of your priceless milk. Result? Less health protection.
- **May stop nursing!** Your baby may end up preferring the bottle to the breast.
- Formula may cause your baby to be **overweight** during childhood.
- **Recalls** - over the years, millions of cans of formula have been recalled due to contamination.



### Here's what can happen to **MOM**:

- **Low milk supply.** You make less milk because your baby takes less milk from the breast.
- **Struggle with weight loss.** When you make less milk, you burn less calories.
- **Return of period.** When you make less milk, your menstrual cycle begins again.
- **Ovarian and breast cancer** are more common among women who use formula.



**You *can* nurse your baby  
without giving formula!**

