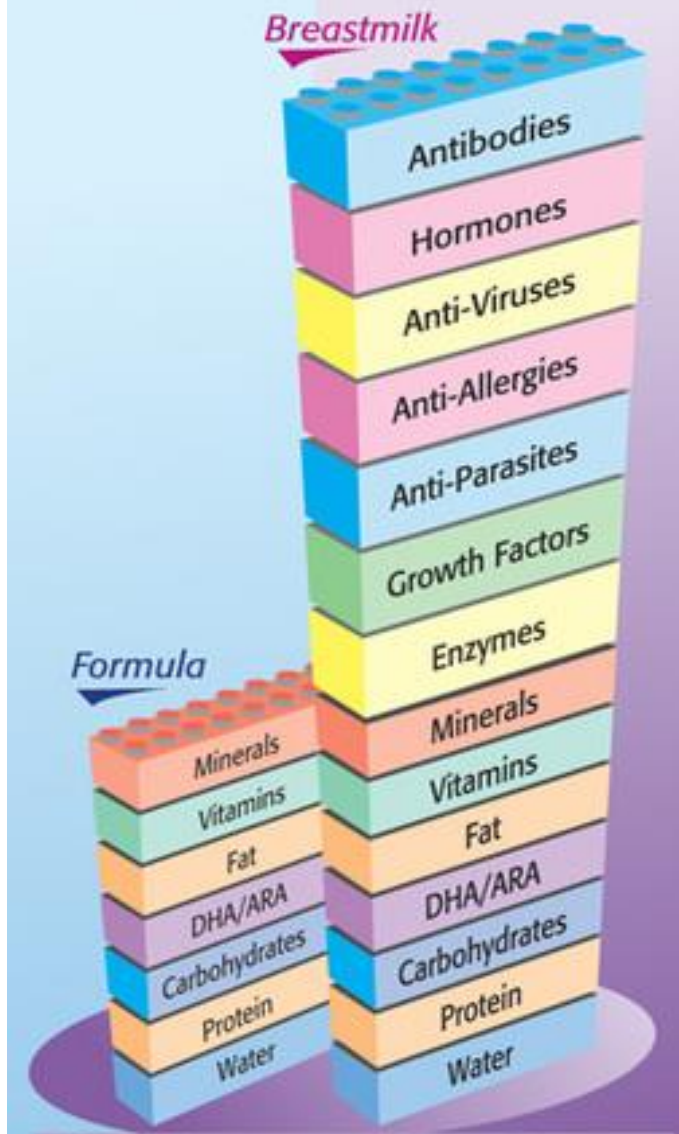


Breastmilk has **more** of the good things babies need



# Why Breast is Best

- Artificial infant formula is not nearly the same or as good as mother's milk
- Human milk is specific for human babies
- Breast milk has the perfect balance of nutritious proteins, fats, carbohydrates, vitamins and minerals
- Breast milk also contains antibodies, hormones, enzymes, and growth factors for the healthiest growth and development of human babies
- Breast milk changes over the course of a feeding, a day and over months to respond to baby's needs

(Photo source: California Department of Public Health)