

This brochure contains information from medical research.

Our goal at WIC is to help you make an INFORMED DECISION when you decide how to feed your baby.

You deserve to know the truth.



Babies are born to be Breastfed

WIC is here to help:

- ♥ **WIC Breastfeeding Warmline**
(209) 558-5083
- ♥ **Lactation Counselors and Consultants**
Health professionals trained to help mothers who want to breastfeed their babies
- ♥ **Breastfeeding Plans for Returning to Work or School**
- ♥ **Free Breast Pump Loans**
Available on a case-by-case basis
- ♥ **Breastfeeding Support Groups**

Funded by:



The World Health Organization recommends:

- Breastfeeding for two years and beyond.
- Gradually introducing other nutritious foods at six months.



This institution is an equal opportunity provider.

* Adapted from INFACT Canada's Risks of Formula Feeding: a Brief Annotated Bibliography

THE RISKS OF FORMULA FEEDING



How Will I Feed My Baby?

THE RISKS OF FORMULA FEEDING: KNOW THE FACTS!

If you choose to formula feed, **YOUR BABY** has a **HIGHER RISK** of:

Illness & Hospitalization

- ♦ **Diarrhea:** Studies show that babies who are formula fed are 2 more likely to have diarrhea than breastfed babies.
- ♦ **Ear Infections:** Studies show that infants who are formula fed are 50% more likely to have ear infections than babies who receive only breast milk.
- ♦ **Lung Infections:** Children who are formula fed are 16.7 times more likely to have pneumonia than children who are given only breast milk.
- ♦ **Other Infections:** Babies have become very sick and some have died because of harmful bacteria in contaminated formula.

Allergies & Asthma

- ♦ **Food Allergies:** Formula feeding may increase respiratory and food allergies which can cause eczema, rashes and diarrhea.
- ♦ **Asthma:** Research shows that infants who are fed formula are 40-50% more likely to have asthma and wheezing.

Death & SIDS

- ♦ **Risk of Death from Diseases:** Babies who are formula fed have a higher risk of death due to illnesses such as diarrhea and lung infections.
- ♦ **SIDS:** Studies have shown that babies who are formula fed have a greater chance of dying of SIDS.

Lower IQ

- ♦ **Lower IQ Scores:** Studies show that children who were breastfed do better on intelligence tests than children who were formula fed.

Chronic Disease

- ♦ **Diabetes:** Research shows that formula feeding increases the risk of getting diabetes later in life.
- ♦ **Obesity:** Research shows that children who were formula fed are nearly 40% more likely to be obese than children who were breastfed.
- ♦ **Heart Disease:** A study showed that breastfeeding may help to reduce the risk of heart disease by keeping cholesterol levels low later in life.
- ♦ **Childhood Cancer:** Research shows that children who have not been breastfed are more likely to get leukemia and other cancers.

If you choose to formula feed, **YOU** have a **HIGHER RISK** of:

- ♦ Keeping your pregnancy weight on
- ♦ Getting breast cancer, ovarian cancer and uterine cancer
- ♦ Getting pregnant sooner than planned
- ♦ Getting arthritis
- ♦ Developing weak bones
- ♦ Having postpartum depression

Why Take the RISK??

Breastfeed Your Baby