

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.**

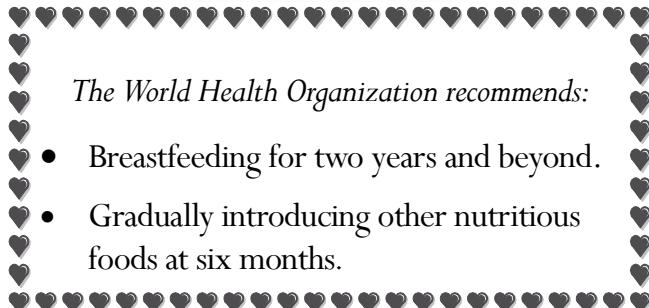


**Babies are born to be Breastfed**

**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 INFANT 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