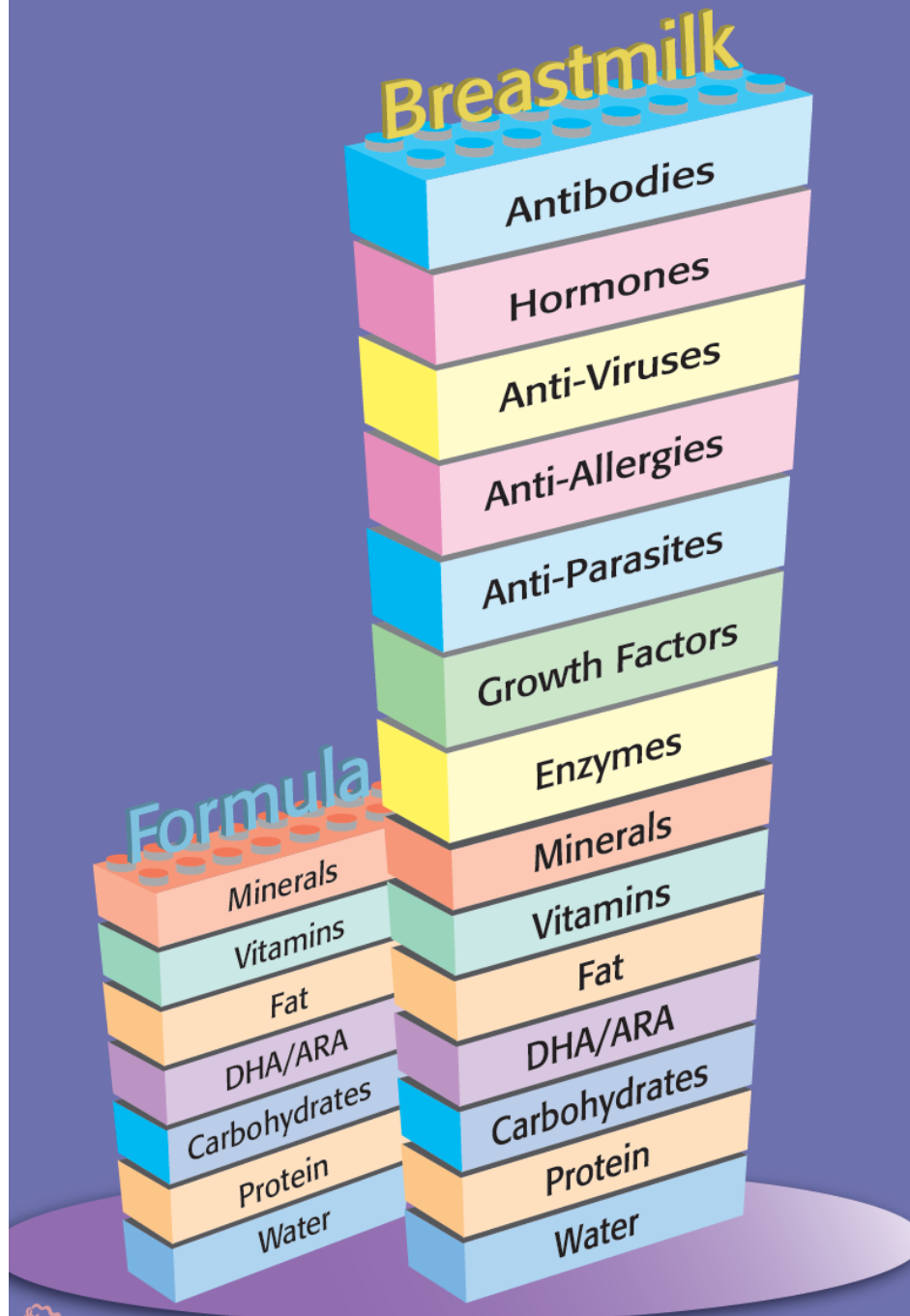




# Building Blocks to Brighter Futures

Resources to Help Make Sure All Our Kids are "AOK"

Breastmilk Has **More**  
of the Good Things Babies Need



Developed by:  
WIC Supplemental Nutrition  
Branch  
California Department  
of Health Services  
California Department  
of Health Services

For more information, please visit the Kane County Health Department's website at [kanehealth.com/aok.htm](http://kanehealth.com/aok.htm) or call 630-208-3801





## Information Sheet

### How Does Formula Stack Up to Breast Milk??

**When we look at the ingredients in both infant formulas and breast milk we find some are alike.**

**Both Breast milk and infant formula contain:**

- **Water**
- **Protein:** Protein from human milk, cow's milk or soy plants.
- **Carbohydrates:** Carbohydrates from human milk, cow's milk or soy plants.
- **Fat:** Fat from human milk, cow's milk or soy plants.
- **Vitamins and Minerals**
- **DHA and ARA:**

**But Breast milk offers so much more!**

**The “foundation” ingredients listed above also need the following ingredients to work best for babies to grow and stay healthy.**

**But, these ingredients are missing from infant formulas.**

- Breast milk contains over 80 specific ingredients in breast milk that will never be able to be duplicated in formula because breast milk is a living biological fluid.
- Human milk is designed to meet the particular needs of human babies. A particular mother's milk is designed to meet the needs of **her** baby.
- **Enzymes:** Enzymes aid in the digestion and synthesis of specific nutrients and, in the newborn, compensate for an immature pancreatic function.
- **Growth Factors:** Growth factors help the growth and maturation of a baby's organ systems, help brain development and help protect his/her gastrointestinal tract.
- **Hormones:** Hormones found in human milk help protect baby's immune system and help babies respond to stress.
- **Antibacterial Factors:** Antibacterial elements help protect against infections.
- **Antiviral Factors:** Antiviral factors help protect against colds and flu.
- **Antiparasitic Factor:** Antiparasitic factors help protect against parasites attacking baby's immune system.
- **Antiallergenic Properties:** Antiallergenic help to prevent against allergies and hypersensitivities

**BABIES WERE BORN TO BREASTFEED!**

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