Breastfeeding is important

Breast milk is the perfect food, with more of the good things babies need.

Breast Milk

Antibodies
Anti-Cancer (HAMLET)
Growth Factors
Enzymes
Disease Fighting Stem Cells
Hormones
Anti-Viruses
Anti-Allergies
Anti-Parasites
Probiotics
Prebiotics
Minerals
Vitamins
Fat
DHA/ARA
Carbohydrates
Protein
Water

Formula

Probiotics*
Prebiotics
Minerals
Vitamins
Fat
DHA/ARA
Carbohydrates
Protein
Water

*Not all formulas contain probiotics or prebiotics. Graphic developed by the California WIC Program.

Every Ounce Counts

Missouri Eat Healthy. Stay Well.

Every Ounce Counts

Missouri Eat Healthy. Stay Well.