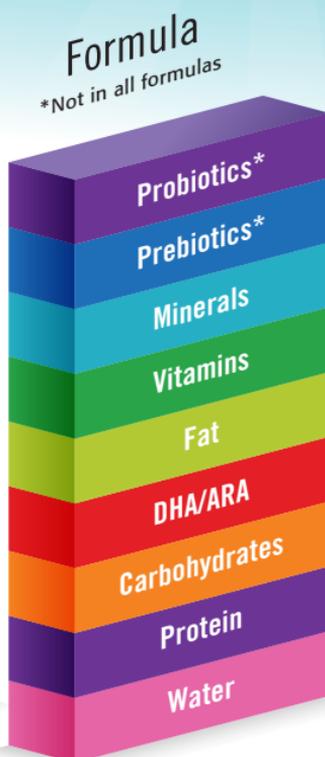


# Breastmilk

has **more** of what babies need.



*Breastmilk provides what babies need to be strong, healthy and smart.*

### **Breastmilk:**

- Is always ready
- Is easy to digest, so—less spit up, diarrhea, and constipation
- Helps protect against asthma, allergies, diabetes and obesity
- Will change to meet your baby's growing needs
- Helps your baby's brain develop

### **When you breastfeed...**

#### **Your baby:**

- Is healthier.
- Doesn't have as many ear infections.

#### **You:**

- Are less likely to have post-partum depression.
- Lose weight more quickly.
- Share a special bond with your baby.

Developed by the California WIC Program.



WIC Because  
You Care

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