

BREASTFEEDING VS FORMULA FEEDING

1. COMPOSITION

BREASTMILK

CONTAINS :

- PROTEINS
- FATS
- CARBOHYDRATES
- ✓ ANTIBODIES
- ✓ HORMONES
- ✓ GROWTH FACTORS
- ✓ ENZYMES

SECRETORY IgA

LACTOFERRIN

OLIGOSACCHARIDES

INFANT FORMULA

CONTAINS :

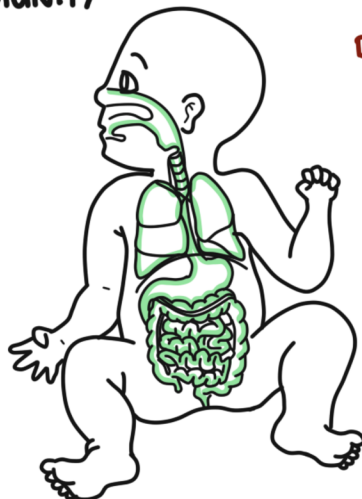
- PROTEINS
- FATS
- CARBOHYDRATES

MODERN FORMULAS INCLUDE :

- ✓ DHA
- ✓ ARA

- LACK IMMUNOPROTECTIVE AND ADAPTIVE PROPERTIES

2. IMMUNITY



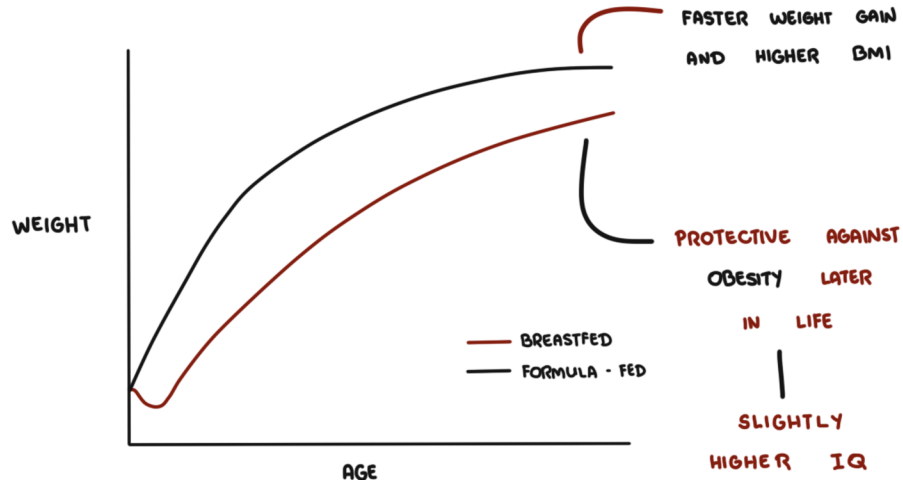
BREASTMILK

- BUILT-IN PROTECTION AGAINST INFECTIONS
- ↓ RATES OF DIARRHEA, PNEUMONIA, AND HOSPITALIZATION

FORMULA

- NO PASSIVE IMMUNITY

3. GROWTH AND DEVELOPMENT



4. MATERNAL HEALTH BENEFITS

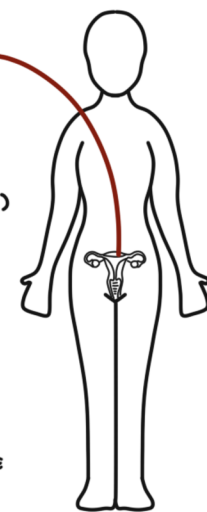
HELPS UTERUS CONTRACT AFTER BIRTH

↓

DELAY MENSTRUATION (LACTATIONAL AMENORRHEA)

REDUCE RISK OF SEVERAL CHRONIC DISEASES :

- 26% ↓ BREAST CANCER
- 37% ↓ OVARIAN CANCER
- ↓ TYPE 2 DIABETES
- ↓ CARDIOVASCULAR DISEASE



SHORTER DURATION OF BREASTFEEDING

↓

↑ POSTPARTUM DEPRESSION

FORMULA FEEDING ADVANTAGES

- ✓ SHARED FEEDING DUTIES
- ✓ FLEXIBILITY

6. BONDING AND EMOTIONAL WELLBEING

BREASTFEEDING

↑ OXYTOCIN



FORMULA FEEDING

CAN ALSO BE A DEEPLY LOVING AND BONDING EXPERIENCE

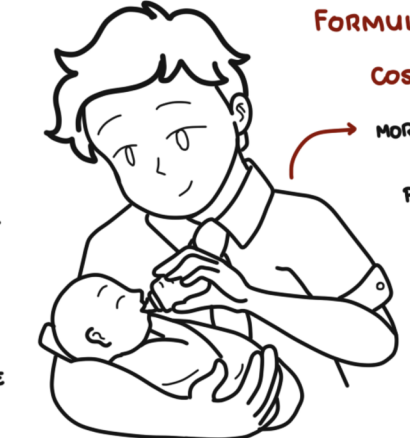


5. PRACTICAL CONSIDERATIONS

BREASTFEEDING

IS FREE

- ↳ THERE CAN BE ASSOCIATED COSTS
- ✓ ALWAYS AVAILABLE
- ✓ DOESN'T REQUIRE STERILIZATION
- ✓ PERFECT TEMPERATURE



FORMULA FEEDING

COSTS MONEY

- MORE FLEXIBILITY
- PARTNERS OR CAREGIVERS CAN SHARE IN FEEDING

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