

# What you need to know about formula and breast milk

## IF YOU ARE BREASTFEEDING...



- Breast milk has the perfect combination of proteins, fats, vitamins and carbohydrates.



- It contains hundreds of unique components and living cells to protect

babies from infection and aid development. These components cannot be reproduced and are not found in infant formulas.



- The composition of breast milk alters to meet the changing needs of babies as they grow and develop.

## IF YOU ARE USING INFANT FORMULA...



- All approved formulas will provide adequate nutrition for your baby but there isn't an infant formula that is closest to breast milk.

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- At one year of age, babies do not need infant formula as they can take whole cow's milk



- Giving infant formula to a breast-fed baby will reduce your breast milk supply.

