

# Outcomes of Infant Formula Feeding Versus Breastfeeding

**B**reastfeeding is the normal way to provide nutrition for a human baby. It is the standard against which all baby milks are measured. There are health related and cognitive risks to feeding your baby infant formula. Human milk provides food, protection, and emotional nurturing for your baby. Its components ensure normal growth and development of your baby. Feeding infant formula provides none of these. One feeding of infant formula milk can endanger your baby. (1) Regular feeding of formula produces sub-standard development. Mothers-- protect your baby and yourself! Exclusively breastfeed for six months, and keep breastmilk part of your child's experience for up to two years and beyond. (2)

## Sub-standard Health Outcomes from Infant Formula

- Increased rates of morbidity & mortality (sickness and death), and chronic diseases (3)
- Increased rates of respiratory (chest) diseases and asthma (4)
- Increased rates of otitis media (ear infections)(5)
- Increased rates of gastroenteritis (diarrheal disease)(6)
- Increased rate of necrotizing enterocolitis (severe bowel disease) in preterm or low weight babies(7)
- Increased risk of obesity(8)
- Increased risk of Sudden Infant Death Syndrome (SIDS)(9)
- Increased incidence of allergies(10)
- Increased risk of Coeliac disease ( intolerance to gluten in foods)(11)
- Increased risk of childhood cancers(12)
- Increased risk of diabetes (insulin dependent diabetes mellitus IDDM and non-IDDM (13)
- Increased rates of ulcerative colitis and Crohn's Disease (chronic pain and diarrhea)(14)
- Increased risk of cardiovascular disease and high blood pressure (15)
- Risk of E. Sakazakii infection from powdered artificial baby milk formulas(16)
- Reduced response to vaccines (17)
- Increased risk of cardiovascular disease, Type II Diabetes, breast cancer, endometrial cancer, osteoporosis, in mother (18)
- Mother misses advantage of post partum weight loss with no breastfeeding (19)
- Increased risk of Rheumatoid Arthritis (20)

## Sub-standard Composition of Infant Formula (28)

Artificial baby milks may contain food, but they do NOT contain any of the over 200 active components in human milk such as

- Immunoglobins ( Secretory IgA gives immediate protection from infections in child's environment)
- Lysozyme (enzyme which breaks down infectious bacteria within infant's gut)
- Lactoferrin (antimicrobial; anti inflammatory; restricts iron from toxic bacterial growth in baby's gut)
- Hormones (growth of infant gut and immune system)
- Growth factors (anti-inflammatory; matures baby's gut; promotes commensal bacteria)
- Other Anti-inflammatory components(antioxidants, protease inhibitors; anti-inflammatory cytokines)
- Human source long chain polyunsaturated fatty acids ( DHA and AA)( normal brain and eye development)

**Infant formula milk cannot meet human milk standards.**

**No randomized controlled trials have been done to prove that these milks meet the standards of human milk. The only baby milk that meets these standards is human milk—a living fluid.**

## Sub- standard Cognitive and IQ Outcomes from Infant Formula

- Cognitive underdevelopment for small for gestation infants (21)
- Cognitive underdevelopment at age 1 and 5 years (22)
- Lower IQ at 6 and 6.5 years of age (23)
- Lower IQ at 8 and 9 years of age (24)
- Lower cognitive scores at ages 8.5 and 11 years (25)
- 8.5 point lower IQ at ages 7.5 to 8 years of age for prematurely born child (26)
- Lower cognitive outcomes sustained through adolescence; a dose response to breastfeeding(27)

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