

Breast Milk vs. Formula

Which Is Better?

Arguments FOR Breast Milk

- Fatty acids found in breast milk were found to contribute to 20% of the brain's fatty acid content which influences cell growth.
- Breast milk has a lot of healthy attributes like hormones, enzymes, nutrients, and growth factors that lead to a healthy baby.
- Children fed with bottles are more likely to be overweight.
- Breast milk helps prevent health defects throughout the baby's life.
- Formula fed infants have an increased risk of getting eczema and asthma in their life.
- Ensuring that you clean and sterilize feeding equipment and correct preparation and storage of formula milk is extra work for mom.
- It was argued that when infants drink milk from a pressured source, they take more milk than if they are consuming from a low or no-pressure source like a bottle.
- Breastfeeding is also crucial for the development of emotional and physical connections between mom and baby. Skin to skin contact was also found to be correlated with brain development.

Arguments AGAINST Breast Milk

- Formula and bottle feeding is easier and less time consuming.
- Some mothers can't produce breast milk.
- With bottle feeding, you can feed your baby whenever instead of at a scheduled breastfeeding time.
- Some mother's have certain dietary restrictions or can't breastfeed due to medical reasons.
- Formula can help babies feel full for extended periods so they can go longer in between feeding times than breastfed infants.
- It allows for less stress for the parents because the mother doesn't need to be present during feedings.
- Formula is easy to make.
- There are lots of formulas to choose from and you can even get specialized formulas specific to the infants needs.

Mary Nehring
Ashley Broadbent
Shelby Sorenson
Kallee Wright
– Roberts, FLHD 1500

Opinions & Conclusions

- Breastfeeding is better because, babies will be a healthy weight
- Breastfeeding is better because, the milk contains things such as hormones, enzymes, and, nutrients which are all healthy things for babies.
- Although formula is an easy and convenient way to feed your baby, breast milk contributes more to the babies health in a positive way



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Growth in breast-fed vs formula-fed children

