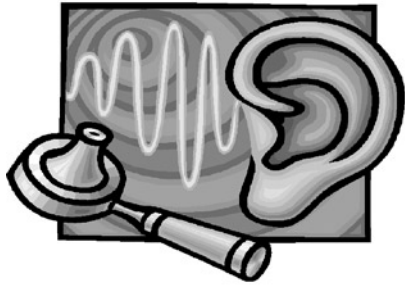


Higher risk of lung infections

Children who are formula fed are 16.7 times more likely to have pneumonia than children who were given only breastmilk as infants.



Higher risk of ear infections

Studies show that infants who are formula fed are 50% more likely to have ear infections than babies who receive only breastmilk.

Higher risk of infection from contaminated formula

Babies have become very sick and some have died because of harmful germs in formula. Some formulas cannot be sterilized.

Higher risk of chronic diseases

Formula feeding is linked to higher risk for Type 1 diabetes and bowel diseases such as celiac disease and inflammatory bowel disease.

Risk of lower intelligence

Studies show that children who are breastfed do better on intelligence tests than children who were formula fed.

Higher risk of effects of environmental poisons

Breastfeeding lowers the harmful effects on a child's health from poisons in the environment like PCBs and dioxins. Children who are breastfed do better on tests for brain development than formula fed children.



The World Health Organization recommends:

- exclusive breastfeeding (only breastmilk) for the first six months,
- gradually introducing other nutritious foods at six months along with continued breastfeeding for two years and beyond.

Adapted from INFACT Canada's
Fourteen Risks of Formula Feeding: A Brief Annotated Bibliography by the Breastfeeding Action Group in
Corner Brook, Newfoundland.

14 Risks of Formula Feeding

A silhouette of a pregnant woman's profile, with a rainbow arching behind her, set against a light gray background.

WHEN MOTHERS DO NOT breastfeed they generally use infant formulas. It is recommended by the World Health Organization that parents are told about the health risks of using formula. This brochure has information from medical research that shows the risks of formula feeding to help you make a more informed decision about feeding your baby.

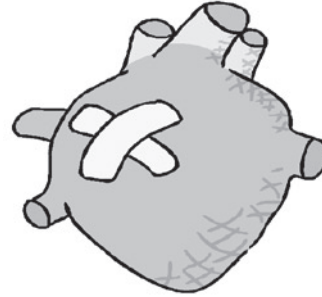


Higher risk of allergy

Formula feeding is linked to higher incidence of eczema, allergies to food, inherited allergies and allergies which affect breathing such as hay fever.

Higher risk of asthma

Medical studies show that babies who are fed formula are 40 – 50% more likely to have asthma or wheezing.



Higher risk of heart disease

A study shows that breastfeeding may help to reduce the risk of heart disease by keeping cholesterol levels low later in life. It also showed that 13 to 16 year olds who were formula fed have higher blood pressures than children who had received breastmilk.

Higher risk of death from diseases

Babies who are formula fed have a higher risk of death due to illnesses such as diarrhea and lung infections.

Higher risk of obesity

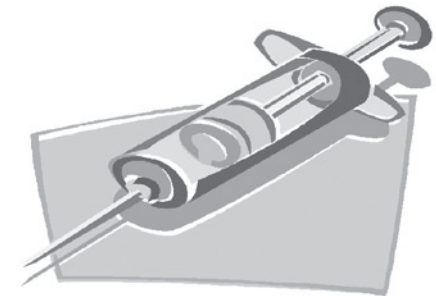
Research is showing that children who are formula fed are nearly 40% more likely to be obese than children who are breastfed – even after looking at other things that may explain why a person may be overweight.

Higher risk of childhood cancers

Research shows that children who have not been breastfed are more likely to get leukemia and other cancers than children who were given only breastmilk.

Higher risk of diarrhea

Studies show that babies who are formula fed are twice as likely to have diarrhea than breastfed babies.



Higher risk of diabetes

Research shows that formula feeding increases the risk of getting diabetes later in life.