



What is mixed feeding?

Mixed feeding is where the baby is fed both formula and breast-milk.

This is not encouraged because:

- It reduces the mother's milk supply and sends a message to the breast that weaning has started.
- It causes nipple confusion for the baby, which leads to attachment problems.

It is recommended that you exclusively breastfeed for the first six months. This means that your baby is only fed breast-milk.

After six months, mixed feeding of solids and breast-milk is recommended.



This brochure was produced by the National Breastfeeding Coordinating Unit (NBCU) under the Directorate of Women's Health of the Ministry of Health, Trinidad and Tobago.

This series of brochures was developed to assist mothers with any breastfeeding concerns.

Visit the Directorate of Women's Health Website for more information: www.health.gov.tt/womenshealth or speak with a Breastfeeding Counsellor at your nearest health centre or The Breastfeeding Association of Trinidad and Tobago (TBATT):

NWRHA: 623-2954 ext 2823

NCRHA: 662-7153 ext 2144

SWRHA: 225-1813

ERHA: 226-1107

TRHA: 660-4744 ext 3123

TBATT: 468-5412 (Available 24/7)

TTAM-679-8008

TABS-688-7688



National Breastfeeding Coordinating Unit (NBCU)
BREASTFEEDING SUPPORT SERIES



Part 1/7

A Comparison between Breast-milk & Formula

2020





Breast-milk vs Infant Formula

Breast-milk

- Produced naturally by pregnant women for babies.
- It contains water, fat, proteins, vitamins, minerals and other important nutrients to support your baby's immune system.
- All-natural and cannot be replicated or reproduced.

Infant Formula

- Made from animal and plant based substances which have been processed to make it suitable for babies.
- It may also contain soya protein, fish oils, antioxidants and vegetable oils.

Ease of Feeding

Breast-milk

- Offers convenient feeding; which means that you can feed your baby anywhere and at any time.
- It is always at the right temperature.
- No preparation or sterilization is needed.

Infant Formula

- Not sterile; each feed must be made fresh.
- Must always be prepared correctly as prescribed by the manufacturer.

Baby's Digestion

Breast-milk

- Designed for your baby's developing digestive system: easily digested, easily absorbed.
- It is a natural laxative, which means less constipation.
- Your baby's stool will also be mustard in colour and very soft with a tolerable smell.

Infant Formula

- Harder to digest so it sits on your baby's stomach longer.
- Processed ingredients mean that your baby is more prone to constipation.
- Your baby's stool will usually be firmer and smellier.

Health Benefits for Babies

Breast-milk

- Your baby is less likely to develop infections such as gastroenteritis, chest, ear or urinary tract infections.
- It contains antibodies which further protect your baby, offers protection against some childhood cancers, sudden infant death syndrome (SIDS), pneumonia and heart disease.

Infant Formula

- It does not provide specific protection of your baby against specific illnesses.
- Care must be taken with preparation and storage of baby formula to reduce the risks.

Health Benefits for Moms

Breastfeeding

- Burns up to 500 calories a day.
- Womb shrinks to pre-pregnancy size quicker.
- Reduces the risk of developing certain cancers of the uterus, ovaries and breasts.
- Reduces the risk of developing osteoporosis.
- Reduces the likelihood of the development of Type II diabetes.

Infant Formula

- There are no benefits to the mother.



Obesity

Breast-milk

- Babies are less likely to be overweight than those fed on infant formula. The baby stops feeding when full.

Infant Formula

- May be a contributing cause to obesity.
- Babies may be encouraged to finish the bottle rather than stopping when full. This establishes unhealthy eating patterns.