

## What does my baby need to eat?

- For the first twelve months of life, your baby's most important food is breast milk or infant formula.
- This provides your baby with everything he/she needs for proper growth and development.

**Cows milk (fresh, canned and powdered) should not be used instead of breast milk or infant formula until your baby is over 12 months.**

## If cows milk is good for us, why can't I give it to my baby?

- For adults and older children, cow's milk is a nutritious food.
- But, for baby's under 1 year of age cow's milk lacks ingredients needed to grow and develop.



## Cows milk does not have enough of some vitamins

- Your baby needs more vitamin A, C, D and E than what is found in cows milk.

## Cows milk does not have enough iron for your baby

- This can make your baby too tired to explore their surroundings, learn to move or play with objects.
- The iron in cows milk is also in a form that is not easy for our bodies to use.

**To meet your baby's iron needs from cows milk your baby would have to drink 15 litres every day !!!**

## Cow's milk has too much sodium

- This can put added strain on your baby's kidneys.

Why should I pay for infant formula when cow's milk is cheaper?

- Cows milk is not cheaper by the time you add in all the ingredients that are lacking, such as vitamins and iron.
- Also, cows milk can put a strain on your baby's gut which is very delicate for the first 6 months and as such is unable to cope with regular cows milk. It may trigger off an allergic reaction resulting in diarrhoea, a runny nose, a cough, colic and skin rashes.

My baby sleeps better with cows milk than infant formula. Does this mean that the formula is not strong enough for my baby?

- No.
- The reason why *sometimes* a baby will sleep better when fed cow's milk instead of infant formula or breast milk - has nothing to do with the baby being more satisfied.
- It is due to a substance called casomorphine which can cause sleepiness.
- However your baby is much better off on either breast milk or infant formula as they contain the ingredients your baby needs to grow and develop.

# COW'S MILK AND YOUR BABY



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