21 Dangers of Infant Formula
the Infant Formula Companies don’t want you to know!

BEWARE!

For Your Child: When you feed your baby infant formula, you increase your baby’s chance of having:

1) asthma
2) allergies
3) ear infections
4) high blood pressure & heart disease
5) respiratory infections
6) lower IQ and cognitive development
7) obesity
8) iron-deficiency anemia
9) SIDS (Sudden Infant Death Syndrome)
10) diabetes (types 1 & 2)
11) digestive problems
12) childhood cancers
13) exposure to environmental contaminants
14) sleep apnea
15) dental problems & malocclusions

For the Mother: When you don’t breastfeed, you increase your own chance of developing:

16) diabetes (both gestational as well as type 2)
17) overweight & obesity
18) osteoporosis
19) breast cancer, ovarian cancer & uterine cancer
20) hypertensive & cardiovascular diseases
21) reduced child spacing

NB: References of the evidence-based research used for this information flyer is on the back.

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4) High blood pressure & Heart Disease: Small-for-gestation and normal-weight infants who gained weight quickly on formula had higher risk of developing hypertension later in life than did breastfed infants. Additionally, although the physiological/biological mechanisms underlying measurable cardiovascular differences are unclear, infants receiving formula diets have poorer microvascular function as teenagers. [Khan, F., Green, F. et al. (2009). The beneficial effects of breastfeeding on microvascular function in 11-14-year-old siblings. Circulation, 119(20); 2275-2281.]


9) SIDS (Sudden Infant Death Syndrome): Formula feeding increases the risk of dying from SIDS by up to 50% throughout the first year of life. [Vennemann, M., Bajanowski, T., et al. (2009) Does breastfeeding reduce the risk of Sudden Infant Death Syndrome? Pediatrics, 123(3), e406-e410.]


15) Dental problems requiring orthodontia: Formula fed children have a significantly higher chance of having dental malocclusions, particularly anterior overbite and crossbite problems. [Romero, C., Scavone-Junior, H., et al. (2011). Breastfeeding and non-nutritive sucking patterns related to the prevalence of anterior crossbite. Journal of Dental Research, 90(8), 731-735.]


References: