



# MYTHS & FACTS About COW MILK FOR BABIES

## MYTHS

Cow milk helps babies fight allergies and illnesses.



Cow milk alone can meet a baby's calcium and protein requirements.



Cow milk is a 'cold food' that can cause congestion.



## FACTS

Cow milk contains less fat, which can't meet babies' fat requirements.



Cow milk has low levels of vital nutrients, such as vitamins E and C.



Cow milk contains high amounts of protein and minerals that may increase the risk of gastrointestinal problems, such as diarrhea.



### Reference:

1. Why Do Infants Need Baby Formula Instead of Cow's Milk?; American Academy of Pediatrics