Cow Milk vs Breast Milk

What cow milk has MORE of than breast milk, and what breast milk does better

MIN

Minerals

calcium and phosphorus

VIT

Vitamins B and K

more in cow milk

PRO

Protein

casein and beta-lactoglobulin
· more phenylalanine

BM

Breast milk has more

lactose · essential fatty acids · more bioavailable iron · secretory IgA

"Mothers are sweeter"
Breast milk has more lactose

Not before age 1
Cow milk: solute load, low usable iron

Supplement
Breast milk is poor in vitamins D and K

Breastfeeding reduces infections, allergies and the risk of sudden infant death