

Best  Worst	1. Mother's own breastmilk (fresh)	Helps bonding Helps establish lactation
	2. Donated fresh preterm milk	Good balance of nutrients (may need supplemental calcium and Vit. D) Prevents infection Easily digested
	3. Donated fresh term mature milk	Prevents infection Easily digested, but lacks adequate protein Usually foremilk, so may lack fat
	4. Pasteurized donated breastmilk	Easily digested HIV destroyed, anti-infective factors partially lost
	5. Preterm formula	Correct nutrients, but not necessarily easily digestible No anti-infective properties More severe infections
	6. Ordinary formula	Wrong balance of nutrients No anti-infective properties Less optimal growth and development More severe infections Difficult to digest and utilize