Benefits of Breastfeeding

HEALTH BENEFITS

For You

• Burn up to 500 calories a day, which can help you to get back to your pre-pregnancy weight
• Uterus returns to its normal size more quickly
• Menstrual cycle starts later
• Less likely to develop breast or ovarian cancer
• Less likely to develop diabetes and cardiovascular disease

For Your Baby

• Healthier immune system
• Fewer ear and respiratory infections
• Fewer digestive problems and less likely to be constipated
• Less likely to develop cancer or diabetes in their lifetime
• Less likely to be obese later in life
• Less likely to die from sudden infant death syndrome (SIDS)

EMOTIONAL BENEFITS

• Enjoy a special bond with your baby
• Helps reduce stress
• Reduced risk of postpartum mood disorders
• Support system

PRACTICAL BENEFITS

• Economical
• Always the right temperature
• Travel is easier
• Always available in emergencies
Chicken and Fruit Salad

Makes 8 servings | Serving Size: 2/3 cup

**Ingredients**
- 3 cups cooked chicken, chopped
- 1 (20-ounce) can pineapple chunks in 100% juice, well drained
- 1 (11-ounce) can mandarin oranges in 100% juice, drained
- 3/4 cup celery, chopped
- 1 cup seedless grapes, halved
- 1/4 cup pecans (optional), divided
- 1/4 cup low-fat mayonnaise
- 1/4 teaspoon pepper
- 8 large lettuce leaves

**Directions**
1. In a large bowl, mix chicken, pineapple chunks, oranges, celery, grapes, and half of the pecans (optional).
2. In a separate small bowl, mix low-fat mayonnaise and black pepper.
3. Gently stir mayonnaise mixture into chicken mixture.
4. Cover and chill in refrigerator.
5. To serve, scoop 2/3 cup of the chicken mixture onto 1 large leaf of lettuce.
6. (Optional) Sprinkle remaining pecans on top of chicken mixture.

**Nutrition information** Per Serving

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**Note:** Recipe will store safely covered in the refrigerator for 3–4 days.

Precook raw chicken to an internal temperature of 165°F. Chill at a temperature of 40°F or below.

Start a Walking Group

Get together with two other friends and their children and go for a walk. Pick a day this week to get started. Give your friends a call and pick a time and place to meet.