

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)

PRACTICAL BENEFITS

- Economical
- Always the right temperature
- Travel is easier
- Always available in emergencies



EMOTIONAL BENEFITS

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

Chicken and Fruit Salad



Makes 8 servings | Serving Size: 2/3 cup

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

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

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

170 calories		Protein	14 g	 Excellent Source of Vitamin C
Total Fat	4 g	Total Carbohydrate	19 g	
Saturated Fat	1 g	Dietary Fiber	2 g	 Good Source of Vitamin A
		Sodium	105 mg	



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.