

## Benefits of Breastfeeding

### HEALTH BENEFITS

#### For You

- Easier weight loss
- Uterus returns to its normal size more quickly
- Menstrual cycle starts later
- Reduced risk of some forms of cancer

#### For Your Baby

- Healthier immune system
- Breast milk is easier to digest than formula
- Decreased risk of allergies
- Helps brain development
- Decreased risk of childhood obesity

### PRACTICAL BENEFITS

- Economical
- Always the right temperature
- Fewer health problems for your baby
- Travel is easier

### EMOTIONAL BENEFITS

- Bonding between mother and baby
- Confidence booster for mom



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# 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.

## Ingredients

- 3 cups cooked chicken, chopped
- 1 (20-ounce) can pineapple chunks in juice, well drained
- 1 (11-ounce) can mandarin oranges, drained
- 3/4 cup chopped celery
- 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.