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
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 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**

- Calories: 170
- Total Fat: 4 g
- Saturated Fat: 1 g
- Protein: 14 g
- Total Carbohydrate: 19 g
- Dietary Fiber: 2 g
- Sodium: 105 mg

**Excellent Source** of Vitamin C
**Good Source** of Vitamin A

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

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**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.