

# EATING SMART THROUGHOUT THE LIFECYCLE



## My Thoughts About Breastfeeding

Use this handout to write down your thoughts about breastfeeding during the session today. You can use it as a guide to help you make the decision about how you want to feed your baby.

### WHAT I HAVE HEARD ABOUT BREASTFEEDING

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### QUESTIONS I HAVE ABOUT BREASTFEEDING

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### WAYS I CAN FIND OUT MORE ABOUT BREASTFEEDING

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### THESE ARE SOME BENEFITS OF BREASTFEEDING THAT I LIKE

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### THESE ARE SOME CONCERNS I HAVE ABOUT BREASTFEEDING

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### THESE ARE SOME WAYS I CAN EAT SMART AND MOVE MORE

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## 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

### EMOTIONAL BENEFITS

- Bonding between mother and baby
- Confidence booster for mom

### PRACTICAL BENEFITS

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



# 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 salt
- 1/4 teaspoon pepper
- 8 cups of lettuce leaves or 8 large lettuce leaves



## Directions

1. In a large bowl, toss chicken, pineapple chunks, oranges, celery, grapes, and half of the pecans (optional).
2. In a separate small bowl, mix low-fat mayonnaise, salt, and 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 cup of lettuce leaves or onto 1 large leaf of lettuce.
6. (Optional) Sprinkle remaining pecans on top of chicken mixture.

## Nutrition information Per Serving

200 calories		Protein	17 g
Total Fat	5 g	Total Carbohydrate	21 g
Saturated Fat	1 g	Dietary Fiber	1 g
		Sodium	200 mg



Eat Smart



# START A 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.

Move More

