



## 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



NC STATE UNIVERSITY



# 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, toss chicken, pineapple chunks, oranges, celery, grapes, and half of the pecans (optional).
2. Gently stir mayonnaise into chicken mixture. Sprinkle with pepper.
3. Cover and chill in refrigerator.
4. To serve, scoop 2/3 cup of the chicken mixture onto 1 large leaf of lettuce.
5. (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	



Eat Smart



## 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.



Move More