

I WILL BREASTFEED MY BABY!

EMPOWER YOURSELF.



Breastfeed your baby. It improves your and your baby's health!

Breastfeeding lowers your risk for diabetes and heart disease, breast and ovarian cancer. It lowers your baby's risk for infections and sudden infant death syndrome now, and for diabetes, obesity, asthma and cancer later in life. Doctors recommend ONLY breast milk for the first six months. After that, breastfeed and start adding other healthy foods.

For breastfeeding support and resources, visit: www.MyEatSmartMoveMore.com



RIGHT SIZE
YOUR
PORTIONS

**BREASTFEED
YOUR BABY**

DRINK MORE
WATER

PREPARE
MORE MEALS
AT HOME

EAT MORE
FRUITS
& VEGGIES

WATCH
LESS TV

MOVE
MORE