

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 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 & resources, visit:***

www.MyEatSmartMoveMore.com



BREASTFEED
YOUR BABY

MOVE
MORE

WATCH
LESS TV

PREPARE
MORE MEALS
AT HOME

EAT MORE
FRUITS
& VEGGIES

RIGHT SIZE
YOUR
PORTIONS

DRINK
MORE
WATER