

# I WILL BREASTFEED MY BABY!

EMPOWER  
YOURSELF.



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

Breastfeeding lowers your risk for diabetes, heart disease plus breast and ovarian cancers. 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 and resources, visit:*

**MyEatSmartMoveMore.com**