



# BREASTMILK

## EVERY OUNCE COUNTS

**Breastfeeding your baby reduces your risk of breast cancer.** The longer you breastfeed, the less likely you are to get breast cancer.

**Other ways mothers may help prevent breast cancer:**

- Breastfeed your baby for 12 months or longer.
- Give yourself a breast exam every month after your period (if you don't have a menses, then about the same day every month).
- If you are over 40, get a mammogram every year.
- Eat a healthy diet with fresh fruits and vegetables daily.
- Exercise regularly.
- Don't smoke.
- Limit alcohol consumption to one drink per day (women who are at high risk for breast cancer should consider not drinking alcohol at all).

— Fold in half with text facing out, and glue or staple page together —

### Broccoli Casserole

**Ingredients:**

- 1½ cups uncooked brown rice
- 1 16-ounce package of frozen broccoli
- 2 cups grated yellow cheese



Cook brown rice according to package instructions. Preheat oven to 400 degrees. While the rice is cooking, place frozen broccoli in large skillet over a low-medium heat and defrost broccoli. When the broccoli is defrosted, add cheese to the broccoli and let melt. When rice has completed cooking, pour broccoli-cheese mixture and rice into a 9 x 13 baking dish and mix well. Place casserole in the preheated 400-degree oven for 10 minutes or until heated through.

Serves 5