



BREASTMILK

EVERY OUNCE COUNTS

Breastfeeding helps you lose weight naturally after your baby is born. Breastfeeding burns up to 600 calories a day! That is equal to 80 minutes of jogging.

Other ways new moms can safely get back into pre-pregnancy shape:

- Eat when you are hungry and drink when you are thirsty. Eat a variety of healthy foods. Avoid fats, sweets and junk foods.
- Most breastfeeding mothers who eat only when they are hungry will lose weight gradually (about 1.5 lb/month).
- Exercise. Check with your doctor about how soon you may start exercising and the kind of exercise you can do. Remember, it took nine months to gain weight. Take it off slowly.
- Breastfeed for 12 months or longer.

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Berries 'n Cream

Ingredients:

12 - 16 ounces of low-fat vanilla yogurt
1 cup each blueberries and strawberries
A little fresh grated lemon rind



Instructions:

Clean the fruit and slice the strawberries. In a parfait glass or other tall glass, layer a couple of spoons of yogurt, first fruit, a little lemon rind, more yogurt, second fruit, lemon rind, yogurt, fruit, until you fill the glass. End with the yogurt and top off with a slice of one of the two fruits.

Serves 4