



Breastfeeding is a wonderful gift for you and your baby.

Breastfeeding helps you lose weight naturally after your baby is born, to help get you back to prepregnancy shape.

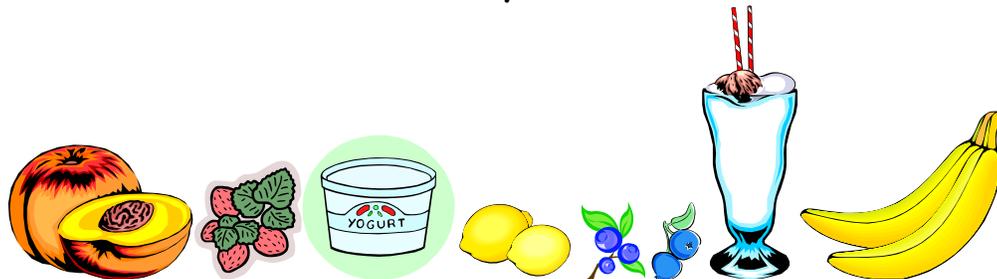
Ways new moms can safely get back into prepregnancy shape:

- Breastfeed.
- Exercise according to your doctor's advice. 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. Walking is the safest exercise at first.
- Eat to hunger and drink to thirst. Eat a variety of healthy foods. Avoid fats, sweets and junk foods.

Card #5

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Low-Cal Fancy Dessert



Ingredients:

6-8 ounces of low-fat vanilla yogurt

2 fruits such as peaches and blueberries or bananas and strawberries

A little fresh grated lemon rind

Clean and slice the 2 fruits. 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