



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).

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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-degrees oven for 10 minutes or until heated through.

Serves 5