



BREASTMILK

EVERY OUNCE COUNTS

Breastfeeding helps prevent you from bleeding too much after childbirth. In the first few days, breastfeeding causes your uterus to contract, which is a healthy, natural way to get your body back into shape.

Other ways new mothers may prevent too much bleeding after childbirth:

- Get plenty of rest. Ask friends and family to help you with household chores the first few weeks, so you can get the rest you need.
- Eat iron-rich foods and foods with vitamin C, which helps your body to absorb iron. Eating foods with iron prevents iron deficiency. Foods with iron include Red meats, fish, poultry, shellfish, beans, whole wheat bread/cereals, and dried fruits. Vitamin C is in oranges, melons, mangos, strawberries, and peppers.

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Bean and Rice Burritos

Ingredients:

- 2 cups cooked brown rice
- 1 small onion, chopped very fine
- 2 cups cooked, drained red kidney, pinto, or black beans (or one 15½-ounce can)
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 8 10-inch flour tortillas



Optional toppings: canned chopped jalapeño peppers, grated cheese, salsa

Preheat oven to 350 degrees. Combine rice and onion in a small bowl. Add seasoning to beans. Place tortilla on a flat surface, fill with $\frac{1}{4}$ cup beans and roll into burrito shape. Place burrito so that folded edge faces down in a baking pan and heat in oven for 15 minutes. Serve with optional toppings.

Serves 4