



BREASTMILK

EVERY OUNCE COUNTS

Breastfeeding beyond six months can help improve the long-term health and well-being of both you and your baby.

Health Benefits:

- Breastmilk continues to provide protection against illnesses long after breastfeeding has stopped.
- The longer your child breastfeeds, the less likely he is to become overweight or develop diabetes later in life.
- The longer you breastfeed, the lower your risk of breast cancer, diabetes, high blood pressure and heart disease.

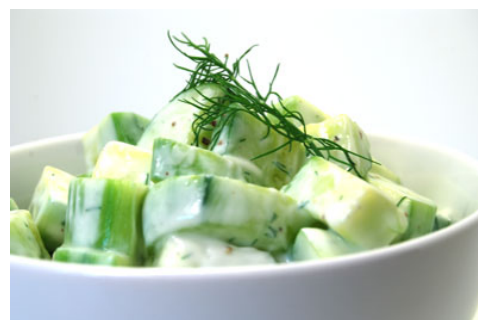
Emotional Benefits: Nursing can be a great way to comfort your older baby or toddler when he is ill, tired, upset, or hurt. Many moms will tell you this is one of the greatest benefits of nursing beyond six months.

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Cucumber Yogurt Salad

Ingredients:

3-4 fresh, small cucumbers, diced
1 small to medium size white onion
1 container of low fat plain yogurt
Salt and pepper
Optional: 2 tsp fresh dill



Instructions:

- If the cucumbers are fresh, you may use them unpeeled. Or you may prefer to peel them anyway.
- Dice cucumbers and onion into very small pieces.
- Add a little salt and pepper.
- Stir in the yogurt.
- Chill at least one hour before serving.

Serves 6-8