AUGUST 2016

YOUR HEALTH MATTERS!

FREE EXERCISE CLASSES

AUGUST is Breastfeeding Awareness Month

What to Eat (Daily) When Breastfeeding

Fruits: Focus on eating a variety of fruits

Vegetables: Vary your veggies, eat more dark-green & orange vegetables

Grains: Make half your grains whole

Meat & Beans: Go lean with protein, choose low-fat or lean meats & poultry

Milk: Calcium-rich foods, choose low-fat or fat-free milk, yogurt & cheese

Water: Drink 8 glasses daily

Prenatal Pill: Take daily

Source: tinystep
MARIANA SACRAMENTO

“I read about all the benefits of breastfeeding. As a mother, you want the very best for your child.”

Before the birth of her first baby, Mariana Sacramento had the goal of breastfeeding. During her pregnancy, she informed herself about the benefits of breastfeeding for both mother and child. She shares her experiences, along with the difficulties she faced, and encourages all new mothers to not give up.

Mariana believes the best thing an expectant mother can do is to be determined to breastfeed her newborn. She said, “Have an open mind and prepare yourself. You will have challenges and difficulties along the way, but don’t give up. Surround yourself with people that will help and encourage you. It’s important to have the support of people with experience that can help you overcome difficulties.”

Beyond the health benefits, breastfeeding creates a special bond between mother and baby. Mariana said, “I’m very happy and fulfilled as a mother, even more knowing that it’s very healthy for my baby. My family has also been a great source of help and support.”

HEALTHY RECIPE: CRUSTED SALMON

**Ingredients**

- 1/3 cup olive oil or low-fat plain Greek yogurt
- 4 salmon steaks (6 ounces each)
- 1 tablespoon fresh lemon juice
- 1 garlic clove, minced
- 1 teaspoon dried dill weed
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

**Preparation:**

1. Preheat the broiler.
2. Coat a broiler pan or rimmed baking sheet with nonstick cooking spray. Place salmon steaks on the pan.
3. In a small bowl, combine all the remaining ingredients; mix well. Spread bowl mixture evenly over the top of the salmon steaks.
4. Broil for 12 to 15 minutes, or until the fish flakes easily with a fork.

**Benefits of Breastfeeding**

- There are many health benefits to moderate exercise for mothers who breastfeed, including:
  - More Energy
  - Reduced Stress Levels
  - Improvement of depression symptoms in those with major depressive disorders

Research shows that moderate exercise does not affect milk supply, milk’s composition, or baby’s growth. Be sure to speak with your doctor before starting an exercise program. Source: KeaMom.com

**Benefits for Babies:**

1. Reduced risk of illnesses such as Type 2 Diabetes, Asthma, Childhood Leukemia, Childhood Obesity
2. Lowers risk of: SIDS (sudden infant death syndrome)
3. Protection from respiratory illnesses and diarrhea
4. Higher intelligence

Source: Fit Pregnancy & Office on Women’s Health, U.S. Department of Health and Human Services

**Benefits for Moms:**

1. Faster recovery from pregnancy and childbirth
2. Lowers your risk of premenopausal breast cancer, ovarian cancer & Type 2 Diabetes
3. Burn (approx.) 400 – 500 calories a day
4. Save money & time