



## Cerro Gordo County Department of Public Health

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MEDIA RELEASE

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### **Breastfeeding Moms - Keep Yourself Healthy**

(Mason City) — The Cerro Gordo County Department of Public Health is recognizing August as national breastfeeding awareness month. There are many benefits to breastfeeding including:

**For baby**, that breastmilk provides:

- Perfect protein-carbohydrate-fat ratio (the high fat percentage meets the needs of neurological system development)
- Easy to digest proteins
- A diet rich in bioavailable vitamins and minerals
- A healthy immune system (lauric acid contained in breastmilk is antiviral, bacterial, fungal, microbial)
- Protection against allergies
- Probiotics to support a healthy gut and immune system

**For moms** that breastfeed, it:

- Decreases type 2 diabetes risk, ovarian and breast cancer risk
- Helps uterus contract to pre-pregnancy size
- Stimulates release of hormones that make you relax
- Burns about 500 extra kcal/day
- Bonds baby and mother

**For all breastfeeding moms, here are a few tips to keep you healthy:**

- Maintain regular meal patterns and, eat until satiated; listen to your body
- Eat balanced meals of protein, carbohydrates and fat
- Avoid processed foods with added preservatives, additives and other chemicals
- Avoid caffeine
- Limit fish consumption, especially those higher in mercury
- Continue taking a high quality prenatal multivitamin/mineral
- Drink a lot of water - at least half your current body weight in ounces daily
- Get regular activity, but not too soon after giving birth

Learn more about breastfeeding and proper nutrition from Katelyn at the Cerro Gordo County Health Department, 421-9342.

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