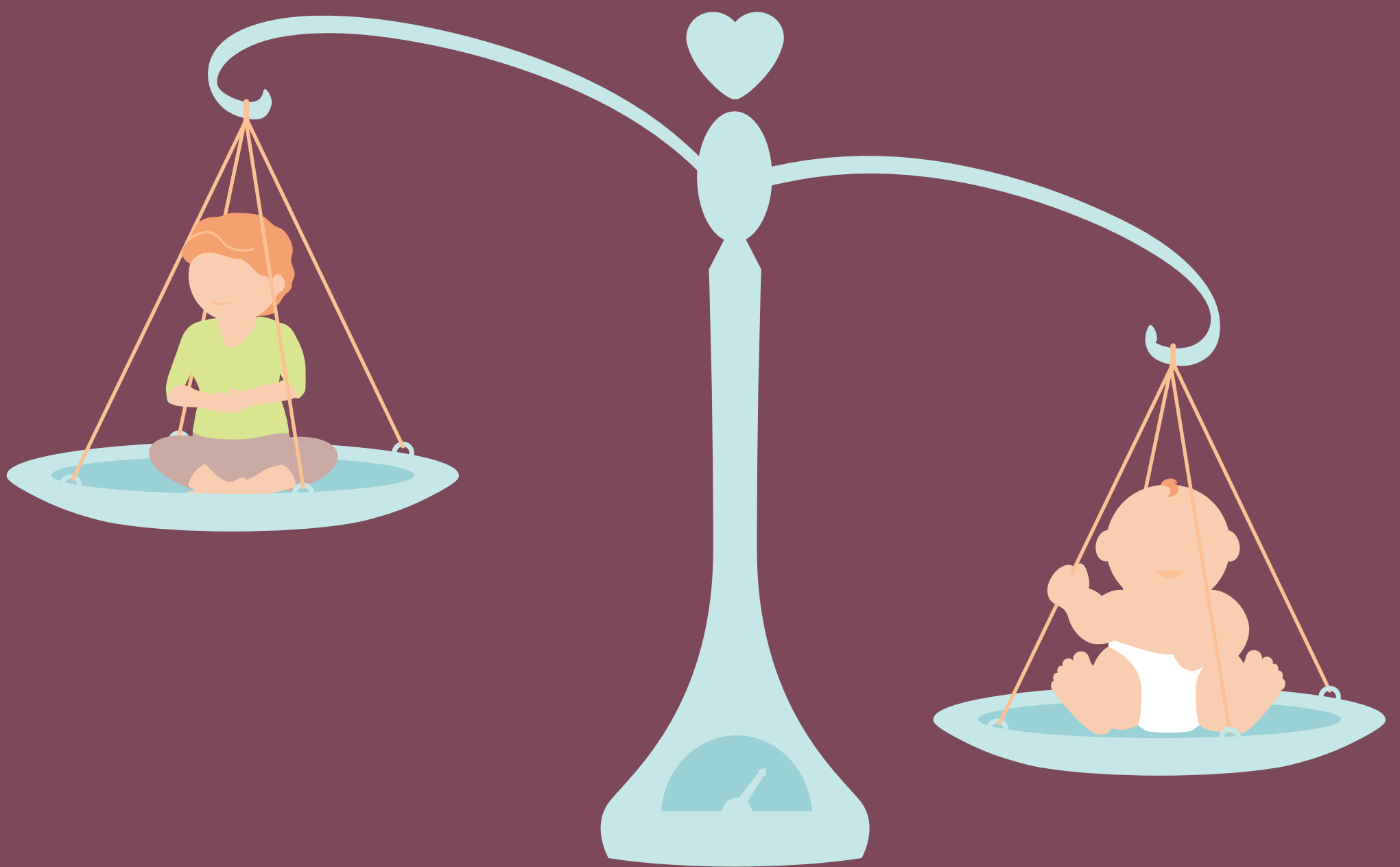


Give Baby back

# THE BABY WEIGHT.

Visit [ReallyREALLY.org](http://ReallyREALLY.org) for more information on the many benefits of BREASTFEEDING.



**Really?**  
**REALLY.**  
BREASTFEEDING.  
KNOW THE FACTS.

BREASTFEEDING IS ONE OF THE BEST WAYS FOR  
*Mommy to Lose Weight!*

Nebraska  
Breastfeeding  
Coalition



Eat as many fruits, veggies, low-fat dairy, lean meats and whole grain as you want – baby is using those extra calories. Your body will produce breast milk with all of the nutrients your baby needs **EVEN IF YOUR DIET ISN'T PERFECT.**