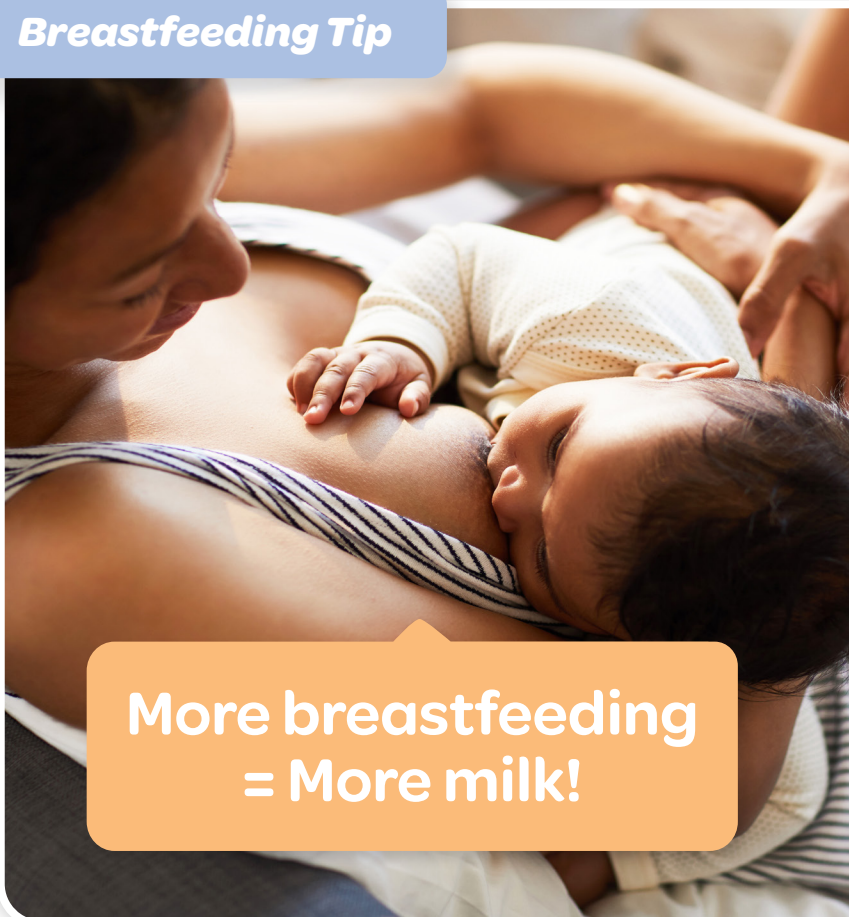


Breastfeeding Tip



**More breastfeeding
= More milk!**

Every time you breastfeed, your body gets a message to make more milk.

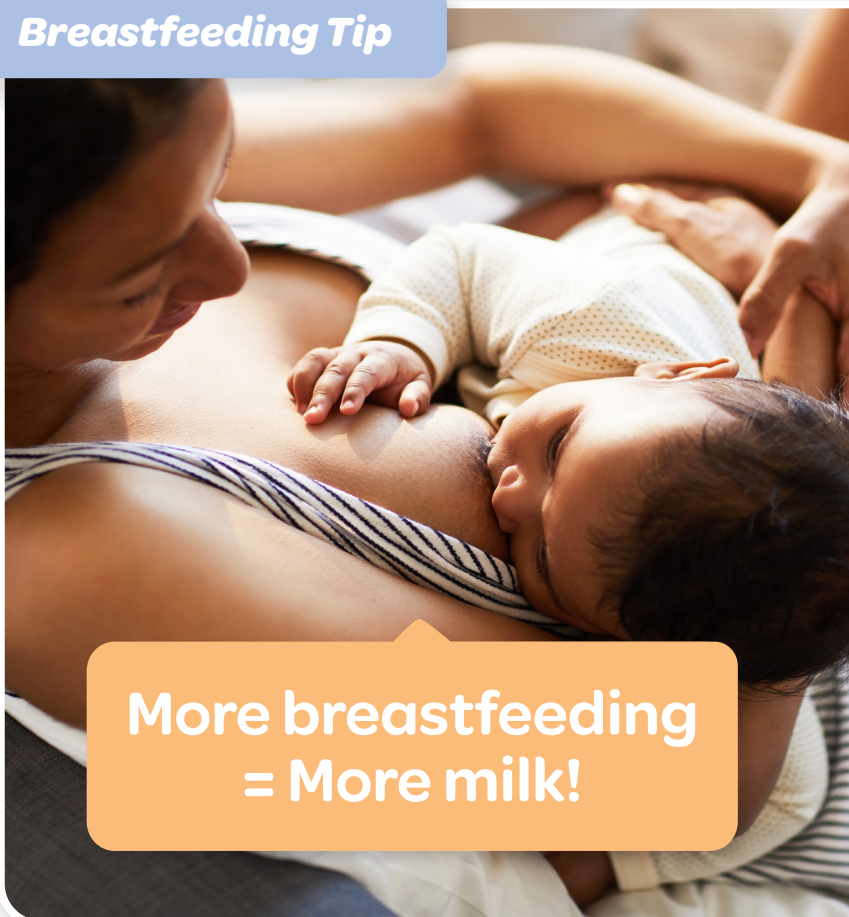
The more breast milk your baby drinks, the more you will make!

— **Breastfeed often.** —
Your milk supply will grow with your baby.



© Nutrition Matters, Inc. All Rights Reserved.
This tipsheet can be reproduced for educational purposes.

Breastfeeding Tip



**More breastfeeding
= More milk!**

Every time you breastfeed, your body gets a message to make more milk.

The more breast milk your baby drinks, the more you will make!

— **Breastfeed often.** —
Your milk supply will grow with your baby.



© Nutrition Matters, Inc. All Rights Reserved.
This tipsheet can be reproduced for educational purposes.