

**Breastfeeding Tip**



Top lettuce with chopped hard cooked egg and chopped tomatoes.

# easy meal and snack ideas

Get the nutrients you need most while breastfeeding!



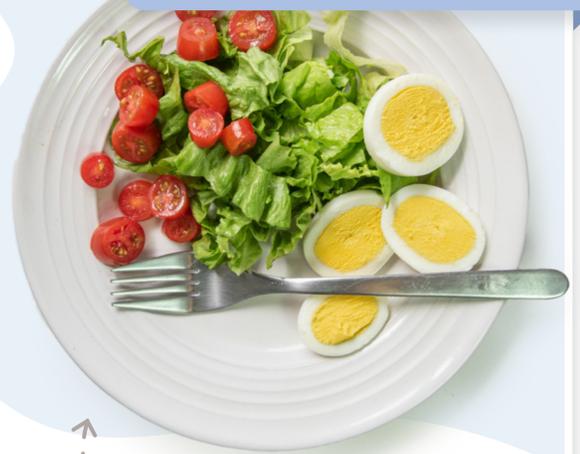
Enjoy a bowl of cereal with low fat milk. Top with berries or sliced banana.

**Eating healthy doesn't have to take too much time.**



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