



LIVE WELL @ WORK Newsletter

UC San Diego | Center for
SCHOOL OF MEDICINE | Community Health

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FEATURE

National Breastfeeding Month

August is a month to celebrate mothers! Caring for an infant is no small task, it's a round-the-clock job. Women who breastfeed may face many challenges at first, but the benefits of breastfeeding can outweigh the struggles. Some of the benefits for mom and baby include: Mothers who breastfeed may reduce their risk of disease and illness ^{1,2}, human milk is much less expensive than purchasing formula, breast milk provides custom antibodies for the baby that strengthen their immune system and helps fight illness ¹, and human milk is gentler on a baby's gut compared to formula.

1. Stuebe A. The Risks of Not Breastfeeding for Mothers and Infants. *Reviews in Obstetrics and Gynecology*. 2009;2(4):222-231.

2. Melissa C. Bartick, Eleanor Bimla Schwarz, Brittany D. Green, Briana J. Jegier, Arnold G. Reinhold, Tarah T. Colaizy, Debra L. Bogen, Andrew J. Schaefer, Alison M. Stuebe. Suboptimal breastfeeding in the United States: Maternal and pediatric health outcomes and costs. *Maternal & Child Nutrition*, 2016; doi: 10.1111/mcn.12366

HARVEST OF THE MONTH

Corn & Peaches

Fruits are not the only food item that are rich in vitamin C. For example, a ½ cup serving of fresh green beans supplies ten percent (10%) of your recommended daily allowance for that vitamin.

When storing cut melons, seal them in a container and use within 3 days. Melons are rich in antioxidants called carotenoids, which can help fight free radicals that cause cell damage.



SWAP OUT → SWAP IN

Weight Scales → Body Fat Measurements

Anyone who has weighed themselves on a scale knows that it can be a discouraging experience. What if we told you to toss the scale out and shift your focus from body weight to body fat percentage? Body fat percentage is the amount of fat in your body compared to everything else. Weight on the scale can fluctuate within hours, and over the course of the day it can fluctuate up to 5 pounds. Weight alone is not always a clear sign of good health because it does not distinguish between pounds that come from body fat and those that come from lean body mass or muscle.

Ideal body fat percentage depends on your fitness goals. Women want to aim for a body fat percentage lower than 31% and men should try for 25% or lower. For those looking to lower their body fat percentage, measure body fat every few months to assess progress. There are different ways to measure body fat, some are easier, less expensive, or more accurate than others. Here are a few of the ways: Body fat calipers, body fat scales and monitors, or by simply using a tape measure and taking pictures, which can be a way to see an estimation of how much fat has been lost.