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Others think it's hard to get your body back while you're breastfeeding. Neither is exactly right. Breastfeeding does burn extra calories approximately 850 calories a day, to be exact. (Wow!) But losing weight while breastfeeding is rarely a given because breastfeeding makes moms hungrier.

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Breastfeeding Helps Moms Lose Weight WebMD

Postpartum weight retention is an important health topic, according to authors, because U.S. women of childbearing age "are alarmingly heavy." Fifty-two percent are overweight and 29% are obese, according to the study. These existing weight problems can be exacerbated by pregnancies.

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