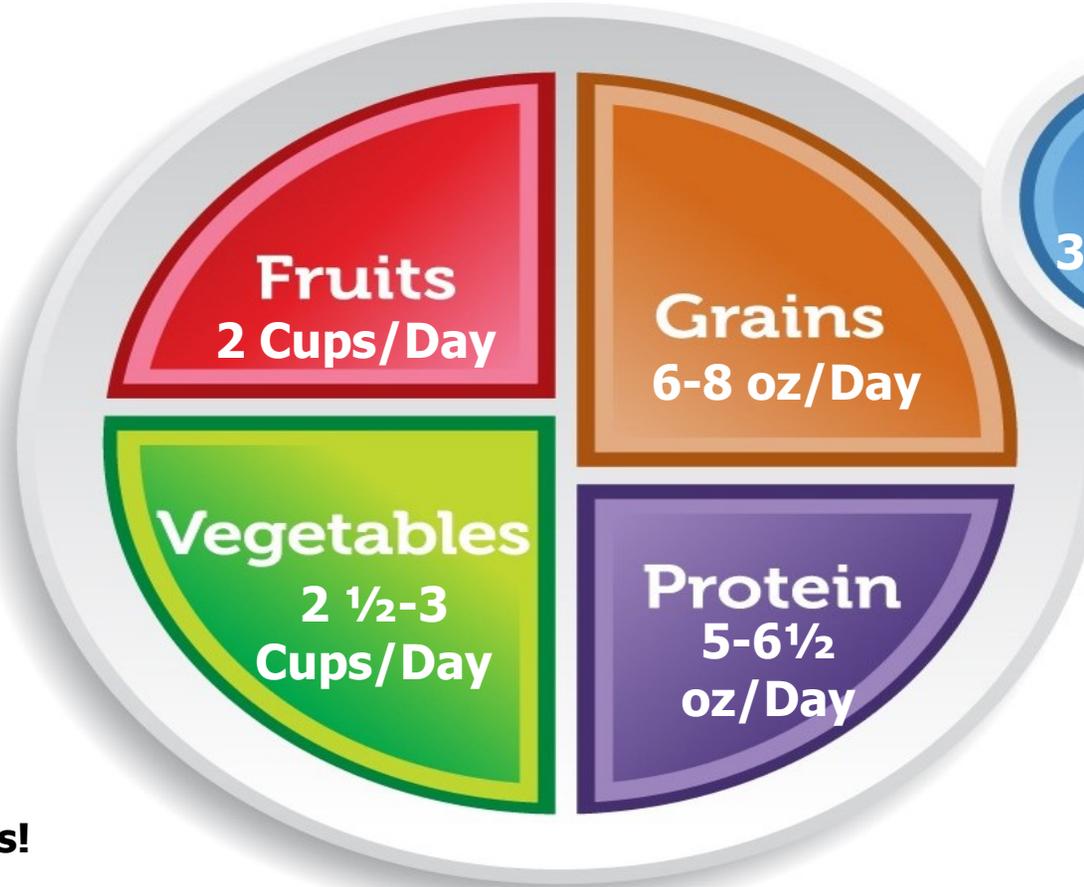


Woman



Dairy
3 Cups/Day

Serving Sizes

Dairy

- 2 cups cottage cheese
- 8 oz yogurt
- 1 1/2 oz cheese
- 1 cup milk

Grains:

- 1 slice bread
- 1/2 cup rice, pasta,
or oatmeal
- 6 inch tortilla

Protein

- 1 oz meat, poultry
or fish
- 1/4 cup dry beans
- 1 Tbsp peanut butter
- 1 egg
- 1/2 oz nuts
- 1/4 cup tofu

- **Vary Your Veggies!**
- **Focus on Fruits!**
- **Half Your Grains Whole!**
- **Go Lean With Protein!**
- **Get Calcium-Rich Foods!**

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A Healthy Diet Can Help You Recover!

Weight:

- Wait until the baby is at least two months old before making a specific effort to lose weight. Talk with your doctor about exercising.
- Try to remember that your pregnancy weight wasn't gained overnight, so it won't disappear that quickly either.
- Now is a great time to eat right and get back to a healthy weight!

Vitamins & Minerals:

- Ask your medical provider if you should continue to take your prenatal vitamin.
- Due to blood loss during delivery, iron stores are often depleted. Eat high-iron foods such as WIC cereals, beans, lentils, beef, or spinach. Vitamin C foods like strawberries, oranges, cantaloupe, and broccoli can help you to absorb iron.

Constipation:

- Eat foods high in fiber like fruits, vegetables, and whole-grain breads and cereals.
- Drink lots of water. Aim for at least 8 cups/day.
- Ask your medical provider about medications or creams.
- Try not to strain with bowel movements.

Tiredness:

- Eat healthy foods such as veggies, whole grains, and lean proteins. Limit sweets and high-fat foods.
- Sleep when your baby sleeps.
- Ask for help from your partner, friends, or family.

Postpartum Depression:

- If you are feeling blue after delivery, you are not alone!
- Talk with your healthcare provider if you are crying a lot or having feelings of sadness, restlessness, or depression.
- If you find yourself over-eating or gaining weight, talk with your provider. Focus on eating healthy foods that will help you feel energized.

Making Good Choices:

Smoking:

- Smoking (including second hand smoke) can harm you and your baby.
- Babies exposed to smoke can get more ear infections, sinus infections, and colds. They also have an increased risk of SIDS.
- Smoke outdoors and change your clothes after smoking before holding your baby.
- Talk to your local health department about smoking cessation programs.

If You Had Gestational Diabetes During Pregnancy:

- Breastfeeding may help to lower blood glucose levels.
- Talk to your medical provider about when you can begin exercising. Exercise may help lower your blood sugars.
- Have a blood test 6-12 weeks after delivery to find out if your blood sugar level is back to normal.
- Try to lose baby weight before your next pregnancy.
- Request early glucose screening with your next pregnancy.

Taking Time for You:

- If you are feeling stressed about caring for a fussy baby, make sure the baby has been fed, burped, and changed. Then set the baby down in a safe place for 10-15 minutes. Take a break to refresh yourself.
- Ask family or friends to run errands, make meals, or help with housework while you enjoy time with your baby.

Ask your health care provider if you have any problems or questions and always check with your provider before taking any medicine or changing your exercise plan.

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U.S. Department of Agriculture Center for Nutrition Policy and Promotion
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USDA is an equal opportunity provider and employer
Information adapted from The American Academy of Pediatrics www.healthychildren.org,
womenshealth.gov, and Montana WIC