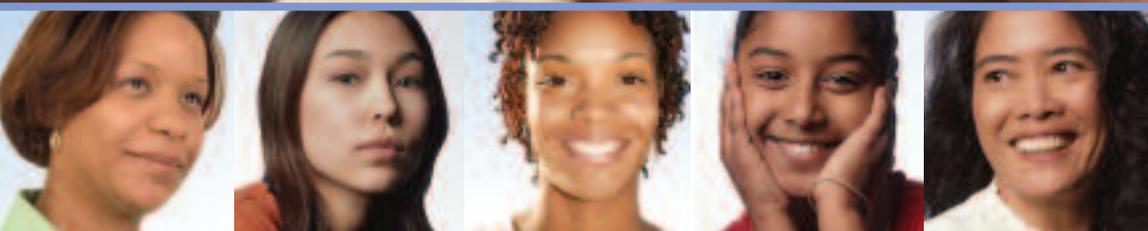


# Health Tips

for **New Moms**



WIC

Dear Mom,  
Congratulations on the birth of your baby! As a new mom in WIC, you can:

- ✓ Learn how to get health care and other services;
- ✓ Learn to make smart food choices;
- ✓ Learn more about breastfeeding;
- ✓ Learn ways to keep your baby safe; and
- ✓ Get checks to buy healthy foods.

This booklet has tips to keep you healthy. These tips do not replace your doctor's advice. Talk with your doctor at your next checkup. Write down questions to ask before you go.

When you pick up your WIC checks, you can learn more about healthy eating. WIC has nutrition sessions for you and other moms to learn, share ideas, and ask questions.

Sincerely,  
The WIC Program staff



## Get health care.

**Go to your postpartum checkup.** Learn ways to stay healthy. Ask when you will need a checkup again.

- **Stay up to date with shots.** You and your child need shots. Shots keep you safe from killer diseases like measles, polio, and tetanus.

Most shots are given in the first 2 years. Some shots are needed after that. Ask your doctor what you and your child need.

Get shots on time. The doctor will say when to get them. Keep a shot record for you and your child. When your child is due for shots, take the record to the doctor. Take the record to WIC when they ask you to.

- **Know your HIV status.** You can get a free HIV test at any Maryland health department. Call the Maryland AIDS hotline at 1-800-638-6252.

# Choose foods for good health.

- Every day, eat foods from all 5 food groups.

- Eat regular meals.

Eating regular meals helps you:

- Have more energy.
- Think clearly.
- Heal better.

<p><b>Grains</b> 6 servings</p>		<p><b>ONE SERVING IS</b></p> <ul style="list-style-type: none"> <li>• 1 slice bread or tortilla</li> <li>• 1/2 bagel or hamburger bun</li> <li>• 1/2 cup cooked rice, noodles, or cereal</li> <li>• 1 cup flake-type cereal</li> </ul>	<p><b>TIP</b></p> <ul style="list-style-type: none"> <li>• Eat whole grains like:               <ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Whole wheat or rye bread</li> <li>- Brown rice</li> <li>- Corn tortillas</li> </ul> </li> </ul>
<p><b>Vegetables</b> 5 servings</p>		<p><b>ONE SERVING IS</b></p> <ul style="list-style-type: none"> <li>• 1/2 cup chopped or cooked</li> <li>• 1 cup lettuce or other leafy greens</li> <li>• 1/2 cup vegetable or tomato juice</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Eat many kinds and colors: dark green, orange, red, yellow, purple, and white.</li> <li>• Add to: scrambled eggs, rice, noodles, salads, and casseroles.</li> </ul>
<p><b>Fruits</b> 4 servings</p>		<p><b>ONE SERVING IS</b></p> <ul style="list-style-type: none"> <li>• 1/2 cup chopped or cooked</li> <li>• 1 fruit—apple, orange, peach</li> <li>• 1/2 cup 100% fruit juice</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Eat many kinds and colors: red, yellow, orange, blue, green, and white.</li> <li>• Put sliced or chopped fruit on cereal, pancakes, pudding, and frozen yogurt.</li> </ul>
<p><b>Milk</b> 3 servings</p>		<p><b>ONE SERVING IS</b></p> <ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• 1 cup yogurt</li> <li>• 1 to 2 slices cheese</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Buy lowfat (1%) or fat free milk and lowfat cheese with your WIC checks.</li> <li>• If it is hard to drink milk, get ideas from WIC.</li> </ul>
<p><b>Meat &amp; Beans</b> 6 ounces</p>		<p><b>ONE OUNCE IS</b></p> <ul style="list-style-type: none"> <li>• 1 ounce meat, chicken, turkey, or fish</li> <li>• 1/4 cup canned light tuna</li> <li>• 1 egg</li> <li>• 1/2 cup cooked beans or tofu</li> <li>• 2 tablespoons peanut butter or nuts</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• A 3-ounce serving is the size of a deck of cards.</li> <li>• Eat more beans like you get from WIC. Ask WIC for recipes.</li> <li>• Choose lean meats. Bake, broil, or grill them.</li> </ul>

**Eat breakfast, lunch, and dinner.** Choose foods from all the food groups: grains; vegetables; fruits; milk; and meat & beans. Here is one idea.



**Breakfast**  
 Hard cooked egg  
 Whole wheat toast or soft tortilla  
 Sliced peaches  
 Lowfat milk  
 WIC juice



**Lunch**  
 Turkey sandwich  
 Carrot sticks  
 Apple  
 Lowfat milk  
 Oatmeal raisin cookie

**Afternoon Snack**  
 Tomato juice  
 Whole wheat crackers



**Dinner**  
 Spaghetti with meat sauce  
 Whole wheat bread  
 Green beans  
 Salad—lettuce, tomato  
 Lowfat milk

## Breakfast Ideas

**Make time for breakfast.** It helps you get through the day. Here is a simple plan. Choose one or more foods from each group below.

Bread, cereal, or other grain	+	Fruit or Vegetable	+	Milk or Meat or both
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*Examples:*

WIC oatmeal	+	applesauce	+	lowfat milk
Waffle	+	sliced strawberries	+	yogurt
Corn tortilla	+	WIC beans and tomatoes	+	lowfat cheese
Rice	+	vegetables	+	egg
Dry WIC cereal	+	raisins	+	peanuts (grab and go)
Pizza topped with	+	vegetables	+	cheese



**Tip!**

**Get your body in shape with WIC foods.**

**They give you:**

- Iron for healthy blood.
- Calcium for strong bones and teeth.
- Vitamins A and C for healing.
- Protein for body repair.

# Be smart about fast foods.

## On the go? Ask for these fast foods.

- Grilled chicken sandwich
- Turkey or roast beef sub
- Hamburger or cheeseburger (regular size)
- Main dish salad or side salad
- Pizza topped with green peppers, tomatoes, and mushrooms
- Baked potato with vegetable and cheese toppings
- Fruit
- Water, lowfat milk, or juice

# Get folic acid every day.

**Folic acid is a vitamin.** It helps prevent birth defects in a baby's brain and spine. It builds healthy blood cells. Most women need 400 micrograms (mcg) every day. To get this much, take a vitamin pill or eat fortified cereal. Talk with your doctor about the best way to get folic acid.

- Eat foods with folic acid. Many foods have folic acid. Eat them even if you take a vitamin pill or eat fortified cereal. Foods with folic acid are:

Bread  
Cereal  
Macaroni and other pasta  
Noodles  
Rice  
Fruits  
Dark green vegetables  
WIC beans, peas, and lentils  
Nuts and peanuts  
Seeds  
Liver and giblets



**Tip!**

## Make fast foods at home.

Use one bag of frozen mixed vegetables to:

### Make a stir fry.

1. Cook the vegetables.
2. Add cooked chicken or meat.
3. Serve over rice.

### Make a main dish pasta salad.

1. Cook the vegetables.
2. Add cooked macaroni and cooked beans or meat.
3. Toss with your favorite salad dressing.

### Make a pot of soup.

1. Cook the vegetables.
2. Add some chopped tomatoes, water, cooked macaroni, and your favorite seasonings.

- ▶ **If you eat fortified cereal: Read the label.**  
The cereal should give you 100% of the Daily Value. This means it has 400 mcg of folic acid

- ▼ **If you take a vitamin pill: Read the label.**  
The pill should have 400 mcg of folic acid.



## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate and 50% as beta-carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamin mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	20 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	8 mcg	100%
Biotin	30 mcg	10%
Pantothenic Acid (as calcium pantothenate)	10 mg	100%

## Nutrition Facts

Serving Size 1 Cup (31 g/1.1 oz.)  
Servings Per Container About 11

Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
<b>Calories</b>	110	150
Calories from Fat	0	0
% Daily Value**		
<b>Total Fat</b> 0g*	<b>0%</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
<i>Trans</i> Fat 0g		
<b>Cholesterol</b> 0 mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 220 mg	<b>9%</b>	<b>12%</b>
<b>Potassium</b> 60 mg	<b>2%</b>	<b>7%</b>
<b>Total Carbohydrate</b> 22 g	<b>7%</b>	<b>9%</b>
Dietary Fiber less than 1 g	<b>3%</b>	<b>3%</b>
Sugars 4g		
Other Carbohydrate 18g		
<b>Protein</b> 7 g	<b>3%</b>	<b>13%</b>
Vitamin A	15%	20%
Vitamin C	35%	35%
Calcium	0%	15%
Iron	45%	45%
Vitamin E	35%	35%
Thiamin	30%	40%
Riboflavin	35%	45%
Niacin	35%	35%
Vitamin B6	100%	100%
Folic Acid	100%	100%
Vitamin B12	100%	110%
Phosphorus	6%	20%
Magnesium	4%	8%
Zinc	6%	8%
Selenium	10%	10%



# Be active for a healthy body.

Being active helps you look and feel good. You can:

- Have more energy.
- Work off stress.
- Tone your muscles.
- Work off your pregnancy weight.



- **Take it easy, at first.** Your body needs to heal. Ask your doctor **what** you can do and **when** you can do it.
- **Walking is a great way to get and stay fit.** Put your baby in the stroller and walk. Walk at the mall, school, or community center.
- **Start with a 5 or 10 minute walk.** After one week, walk a little longer or farther. Set a goal that works for you.

**Here are other easy ways to move your body:**

- March in place when you watch TV or talk on the phone.
- Play music and dance.

**Tip!**

**Make one change at a time.**

**Change health habits one at a time.**  
Get used to one change before you make the next one.

**What food can you cut back on?**  
*Example:* Cut back to one soda a day.

**OR**

**What food can you change?**  
*Example:* Use fat-free salad dressing.

**OR**

**What can you do to be more active?**  
*Example:* Take the steps, not the elevator.

# Make time for yourself.

Enjoy your new baby. But, take care of yourself, too.



- Ask for help from family and friends. Let them shop, cook and clean.
- Nap when your baby naps. If you can't sleep, lie down and rest.
- Find someone to talk to.

Most new moms get the blues. They cry, feel sad, and have mood swings. The blues can last up to 2 weeks. If the feelings get worse, you could have depression.

Talk with your doctor or call 1-877-PPD-HOPE (1-877-773-4673) to get help. Untreated depression is hard on your baby, your family, and you.

## Signs of postpartum depression:

Any of these feelings that last more than 2 weeks:

- Feel very sad.
- Cry all the time.
- Don't want to eat or can't stop eating.
- Can't sleep or want to sleep all the time.
- Don't want to take care of yourself.
- Don't enjoy life.
- Don't care about your baby.
- Feel like you could hurt yourself or your baby.
- Afraid to be alone with your baby.
- Worry too much about your baby.

Tip!

## Try this stress reliever.

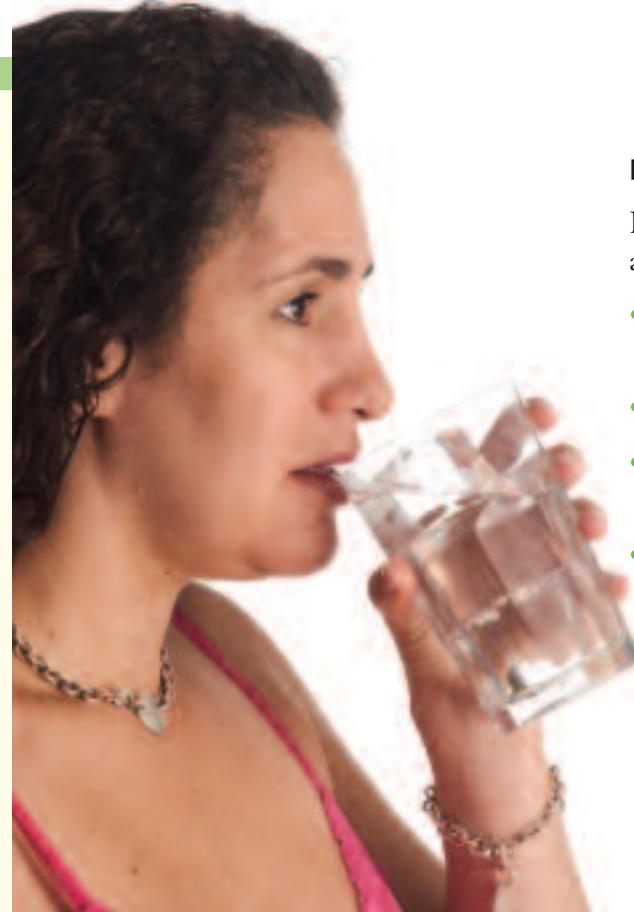
1. Sit in a chair.
  2. Put your hands on your stomach.
  3. Breathe in through your nose. Breathe slowly for a count of 4. Hold for one second.
  4. Breathe out through your mouth. Breathe slowly for a count of 4.
- Repeat 5 to 10 times.



## Keep your teeth healthy.

Healthy teeth and gums are a sign of good health.

- Brush your teeth (and tongue) at least 2 times a day.
- Floss your teeth 2 times a day.
- Drink water, **not** sugar-sweetened drinks.
- Get a dental checkup every 6 months.



# If you are breastfeeding:



**It is great that you are breastfeeding.** Nursing gives your baby the best start and is good for you, too. Here are some tips:

- 1 Nursing is natural but may take time and practice.** You and your baby are learning in the first 3 weeks. It gets easier after that.
- 2 Get your rest.** You will have more energy for your baby.
- 3 Drink water, milk, and WIC juice when you are thirsty.** Have a beverage ready to drink while you nurse.

**4 Eat three meals and at least one snack each day.** Some snack ideas are:

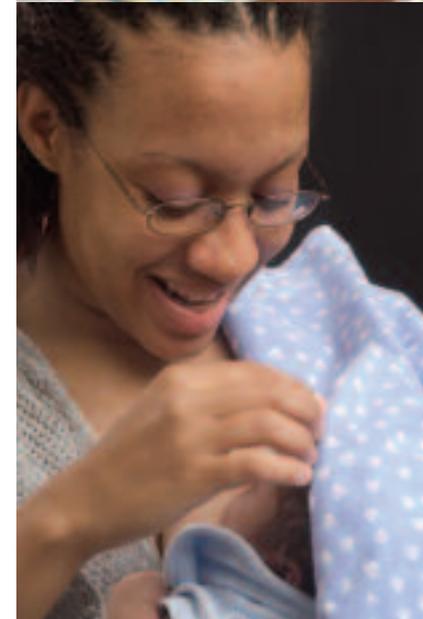
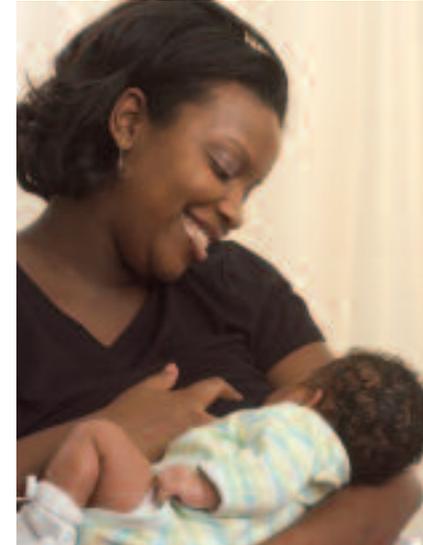
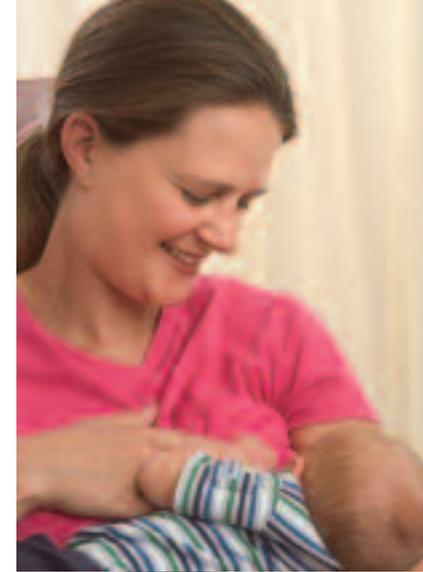
- lowfat cheese and crackers
- fruit
- lowfat yogurt
- nuts and raisins
- WIC cereal
- sandwich

**5 If you do not drink milk, talk to WIC.** You can get some calcium from other foods like:

- cheese
- yogurt
- orange juice with calcium
- other foods fortified with calcium
- tofu (made with calcium)
- kale and collard greens

**6 Go to a breastfeeding support group where you can talk with other moms.**

**7 Call WIC or the lactation consultant at the hospital if you have questions.**



# Keep you and your children healthy—breastfeed.

## If you are not breastfeeding now...

- Nurse if you have another baby. Just because you didn't this time doesn't mean you can't do it next time.
- If you tried nursing but stopped, try it again if you have another baby. It is different with each baby. If something did not go right, ask for help next time. Often moms are doing fine but no one lets them know.

- Babies who drink mother's milk love it and it comforts them! It is easy to digest and is always ready to feed.
- Moms of all ages can nurse. Moms who have small breasts, large breasts, multiple births, or have C-sections can nurse. Moms can nurse if they go back to work or school.

## Did You Know...

### Babies who are NOT breastfed:

- ✓ Have more allergies.
- ✓ Are sick more often.
- ✓ Have more diarrhea and constipation.
- ✓ Have a greater risk of crib death (SIDS).

### Moms who do NOT breastfeed:

- ✓ Spend more money on food for baby.
- ✓ Take longer to get back into shape.
- ✓ Are more likely to get certain cancers.

# Keep you and your baby safe.

You and your child can get hurt from tobacco, alcohol, and other drugs. If you get pregnant again, your baby could be born too small or too sick to live.



## Stay away from tobacco.

Tobacco smoke can:

- Make your child have more colds and ear infections.
- Lead to asthma or make it worse.
- Lead to cancer, heart disease, or stroke.

Set a "NO SMOKING" rule for your home. Don't let people smoke around your child.

**If you smoke, get help to quit.** Talk with your doctor or call 1-800-548-8252 (American Lung Association).



## Stay away from alcohol and street drugs.

Alcohol and drugs can ruin your body and mind. You might forget to take care of your baby. If you need help, talk with your doctor or call 1-800-662-HELP (4357).



## Never leave your child with people who drink too much or use drugs.

## Say NO to:

- ✗ Beer
- ✗ Wine
- ✗ Mixed drinks
- ✗ Liquor
- ✗ Cigarettes
- ✗ Misuse of medicines
- ✗ Marijuana
- ✗ Crack/cocaine
- ✗ Speed or uppers
- ✗ Downers
- ✗ LSD
- ✗ PCP or angel dust
- ✗ Heroin



A final note to Mom:

If you could have a baby again, get ready now.

If you have a health problem, get it under control.

- ✓ **Get up to date on your shots.**
- ✓ **Eat right and stay active.**
- ✓ **Get folic acid every day.**
- ✓ **Don't drink, smoke, or use drugs.**
- ✓ **Breastfeed your baby!**

A healthy Mom grows a healthier baby!

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Washington, DC 20250-9410

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