

Feed Your Baby Naturally

One of the most important decisions you will make is how to feed your baby. This decision can affect you, your baby, and your family for a lifetime.

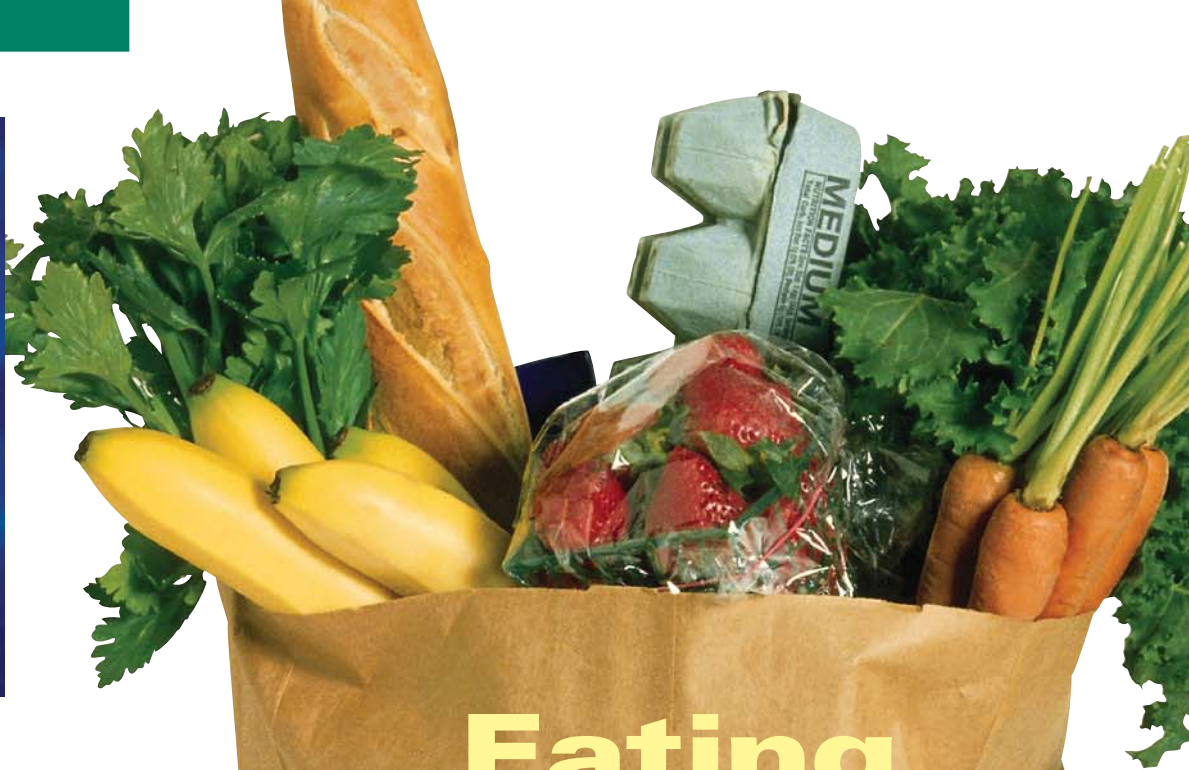
- ❖ Breastfeeding is nature's way of helping you get close to your baby. You get to know your baby and your baby gets to know you. Many women would not give that up for the world. Give yourself the chance to experience it.
- ❖ A breastfeeding mom is all a baby needs for the first 6 months of life. Human milk has all the nutrients a baby needs to grow healthy, smart, and strong.
- ❖ Breastfeeding protects your baby from infection, allergy, and many other diseases. It builds up your immune system and protects you from illnesses, too.
- ❖ Breastfeeding helps you lose weight after your baby is born.



- ❖ Breastfeeding is convenient, free, and easy to digest. It has no additives, artificial ingredients or chemicals.
- ❖ Give your baby what he naturally expects - breastfeed!
- ❖ For more information on breastfeeding visit:

www.state.nj.us/health/fhs/wic

www.4woman.gov



Eating Right During Pregnancy

Eating right during pregnancy is good for you and helps build a healthy baby!

New Jersey WIC Services FFY 2009



Eating Right!

Your nutrient needs increase during pregnancy. Below is a list of nutrients that are especially important.

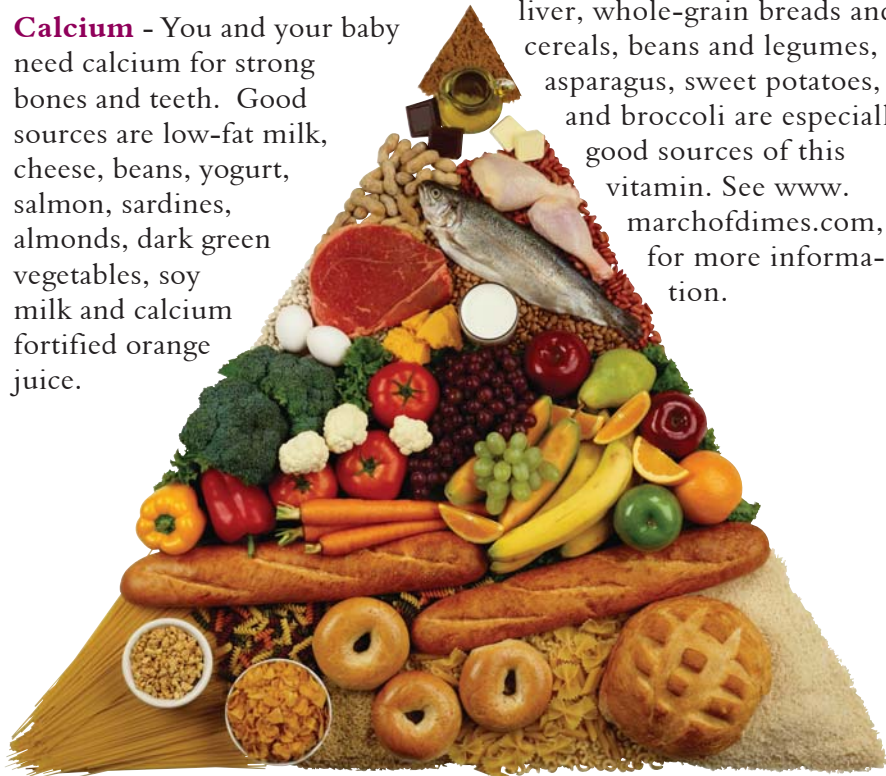
Calories - It takes about 75,000 extra calories to make a baby! That is about 300 calories more every day during the last 6 months of your pregnancy. Extra calories should come from healthy foods.

Protein - You and your baby need protein for growth. Good sources are lean meats, eggs, cheese, low-fat milk, nuts, and beans such as kidney beans.

Calcium - You and your baby need calcium for strong bones and teeth. Good sources are low-fat milk, cheese, beans, yogurt, salmon, sardines, almonds, dark green vegetables, soy milk and calcium fortified orange juice.

Iron - You and your baby need iron to carry oxygen throughout your body. Good sources are lean meats, fish, beans, dried fruits, whole grain or enriched breads, and breakfast cereals. All WIC cereals are good sources of iron.

Folic Acid - Folic acid and folate are different terms for the same B vitamin. When folic acid is taken before pregnancy and in the first month of pregnancy it can prevent birth defects of the brain and spinal cord. Green leafy vegetables, oranges, liver, whole-grain breads and cereals, beans and legumes, asparagus, sweet potatoes, and broccoli are especially good sources of this vitamin. See www.marchofdimes.com for more information.



When Will I Lose the Extra Weight?

How much food you should eat and how fast you lose weight after your baby is born depends on whether you breastfeed or bottle feed your baby.

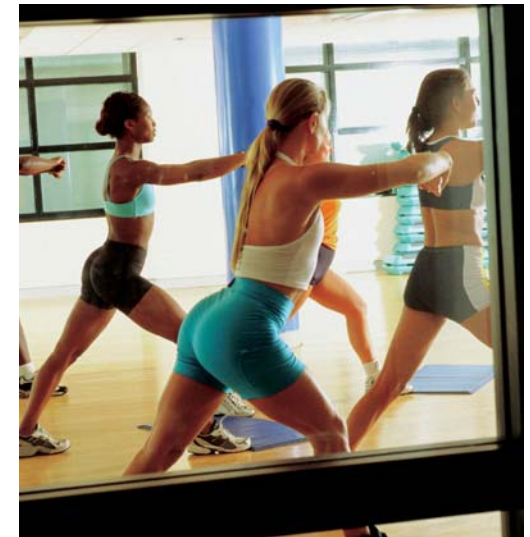
If you breastfeed your baby, you will need to eat a little more each day than you did when you were pregnant. Your body will use these extra calories, plus some of the energy you stored as fat during your pregnancy to make milk.

If you bottle feed, you still need to eat a variety of foods from all the food groups. Exercise will help you get back in shape. Reducing the amount of food you eat will help you lose weight.

Whether you are breastfeeding or bottle feeding, it is important *not* to lose weight too fast. You will probably lose 10-15 pounds during the first week or two after delivery. After that, you should eat enough so that you do not lose more than one pound each week.

Getting Back Into Shape

Whether you breastfeed or bottle feed your baby, you probably will not return to your pre-pregnancy shape or weight right away. Do not be surprised if after six months, you still weigh a little more than you did before you were pregnant. Remember, it took 9 months to gain the weight, and it may take at least that long to lose it. Check with your doctor about the correct weight for your height and age.



When Will I Gain All This Weight?

When you gain the weight and how fast you gain the weight is important!

It is best to gain weight slowly and steadily. You should gain about 2-4 pounds during the first three months of pregnancy



and then 3-4 pounds per month for the rest of your pregnancy.

Where Does All the Weight Go?

During your pregnancy, your body changes to help your growing baby. Your body

develops special organs to help nourish your baby. The weight you gain during pregnancy is distributed as follows:

Baby	7.5 pounds
Placenta	1.5 pounds
Amniotic fluid	2.0 pounds
Uterus	2.0 pounds
Increased breast tissue	2.0 pounds
Increased blood volume	4.0 pounds
Extra body fluids	4.0 pounds
Fat stores	7.0 pounds
TOTAL	30.0 pounds

Is There a Special Diet to Follow?

You need extra nutrients and energy for your baby's health and development. Eating and drinking more low-fat dairy products, lean meats, fruits, vegetables and whole grains will give your body the nutrients

and energy it needs to build a healthy baby. Eating foods like cake, cookies, soda and chips will not give your baby the nutrients it needs, but will provide you with empty calories and weight gain.

Log on to www.mypyramid.gov/mypyramidmoms/ to create a nutrition plan just for you.

Tips To Remember

Eat foods from each food group every day:

Choose fruits, vegetables, or whole grains along with a protein as a snack between meals.

Example:

**Carrot sticks and peanut butter
Cheese and whole wheat crackers**

Drink 6-8 glasses of fluid daily.

Water, low-fat milk, diluted fruit juice, and club soda, are good choices.

Limit foods that can be the source of empty calories:

Mayonnaise	Bacon/sausage
Butter/margarine	Chips
Salad dressing	Candy/cookies
Gravy	Jelly/jam
Fried foods	Soda/fruit drinks

For You and Your Baby

You may only need to make small changes in the foods you eat

Compare these menus

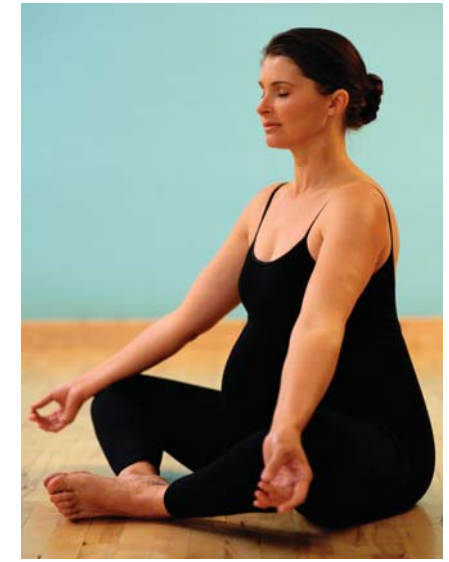
	Instead of this:	Choose this:
Breakfast	Cereal Whole milk	Orange juice Iron-enriched cereal Low-fat milk
Snack	Sweet roll	Yogurt and fresh fruit
Lunch	Hamburger French fries Milk Cookies	Cheeseburger with lettuce, tomatoes and pickles Vegetable soup Low-fat milk Oatmeal cookies
Snack	Potato chips Cola	Popcorn Apple Water
Dinner	Fried chicken Mashed potatoes Corn Ice cream Cola	Baked chicken Sweet potato Broccoli Salad with low-fat dressing Sherbet Low-fat milk
Snack	None	Graham crackers with Peanut butter Grape juice

Gaining Weight to Build A Healthy Baby

Gaining the right amount of weight during pregnancy helps your baby grow and develop. Your doctor or nutritionist can tell you how much weight to gain. Then it's up to you! By eating enough of the right kinds of food, you will have the nutrients and energy you need to build a healthy baby.

Regular physical activity, like walking, swimming and yoga during pregnancy can give you more energy and control your rate of weight gain.

Check with your doctor **before** starting any exercise program.



How Much Weight Do I Need to Gain?

- ❖ When you gain the right amount of weight, your baby has a better chance of gaining the right amount of weight, too. Babies who don't weigh enough at birth have a greater chance of being sick or dying during their first year of life.
- ❖ The amount of weight you need to gain depends on a lot of things: your height, your weight before pregnancy, your age when

you became pregnant, and your age when you had your first period.

- ❖ According to the American College of Obstetricians and Gynecologists (ACOG) it is best to gain about 25-30 pounds. If you were underweight before you became pregnant, you will need to gain between 28-40 pounds. If you were overweight before you became pregnant, you still need to gain between 15-25 pounds.