

After Delivery:

Your body has worked hard during pregnancy and delivery.

Now is the time to build it up with:

- Healthy meals and snacks.
- Time to rest and recover from childbirth, sleep while your baby naps.

Use the Healthy Eating Guide:

Eating foods from each food group everyday gives you the strength to be the best mom you can be.

Eat a variety of foods from each food group everyday.

Remember:

Women of childbearing age need 400 micrograms of folic acid each day.

Your Guide to Healthy Eating and Physical Activity

GRAINS

At least half of grains should be whole grains

6 to 8 ounces a day

1 ounce is equal to:
1 cup ready to eat cereal
½ cup cooked cereal
½ cup cooked rice or pasta
1 small biscuit or muffin
1 slice bread
1 roll
7 crackers
1 small piece cornbread
1 pancake
1 flour or corn tortilla (6 inches)

VEGGIES

Go for the colors

2 ½ to 3 cups a day

1 cup is equal to:
1 cup raw, cooked, or vegetable juice
2 cups raw leafy vegetable

FRUITS

Choose from fresh, frozen, dried or canned

1 ½ to 2 cups a day

1 cup is equal to:
1 cup fruit or 100% fruit juice
½ cup dried fruit
½ cup is equal to:
1 small fruit

MILK

Feed your bones high calcium foods

3 cups a day

1 cup is equal to:
1 cup fat reduced milk
1 cup yogurt
1 ½ cups ice cream
1 ½ ounces hard cheeses
2 ounces American cheese
2 cups cottage cheese
1 cup pudding
1 cup frozen yogurt

Fat reduced milk and fat reduced milk products are best

MEAT/ BEANS

Go lean

5 to 6 ½ ounces a day

1 ounce is equal to:
1 ounce cooked meat, fish, or poultry
1 egg
¼ cup cooked dry beans/peas
1 tablespoon peanut butter

FATS/ SWEETS

Go lightly

5 to 7 teaspoons fat a day

1 teaspoon equals to:
1 teaspoon margarine or vegetable oil (canola or olive oil best) or mayonnaise
1 tablespoon salad dressings

Go lightly on sugars and sweets like cake, candy, pie, cookies because of extra calories and little nutrition

BALANCE FOOD/ PHYSICAL ACTIVITY

You need to be physically active 30 to 60 minutes most days of the week.

The amount of food you need is based on your age and how active you are each day.

These are general recommendations. Talk with your nutritionist about your nutrition needs.

**Talk to your nutritionist about how much food is right for you.
Some new moms need more food than others.**

Sample Menu

Breakfast

1 cup ready to eat cereal
1 cup fat reduced milk
1 slice whole wheat toast with 1 teaspoon margarine and jam
½ cup orange juice

Lunch

1 turkey sandwich on whole wheat bread with 1 teaspoon mayonnaise, lettuce, and tomato
1 medium apple
1 cup green salad with 1 tablespoon dressing
1 cup fat reduced milk

Snack

1 6 inch flour tortilla with 1 slice melted American cheese

Supper

4 ounces baked chicken
Baked potato with 2 teaspoons margarine
½ cup peaches
1 cup broccoli
1 whole wheat roll
1 cup fat reduced milk

Tips for New Moms

- Make one-dish meals like casseroles or stews. Cook enough so you have leftovers. Refrigerate or freeze enough for one person.
- Do not skip meals or go on fad diets.
- It's an old wives' tale that nursing moms can't eat certain foods. Most moms find they can eat anything they like.
- Take a walk with your baby. You get back in shape and your baby enjoys the fresh air.
- Get together for a meal or snack with another new mom-it's a good time to share ideas.
- Relax while you nurse or feed your baby. You can eat a snack at the same time.

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FOODS FOR YOU AFTER YOU DELIVER



For: