

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 Food Guide Pyramid:

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.

The Food Guide Pyramid

Fats, Oils, & Sweets
USE SPARINGLY

Milk, Yogurt,
& Cheese
Group
2-4 SERVINGS

Vegetable
Group
3-5 SERVINGS

Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 SERVINGS

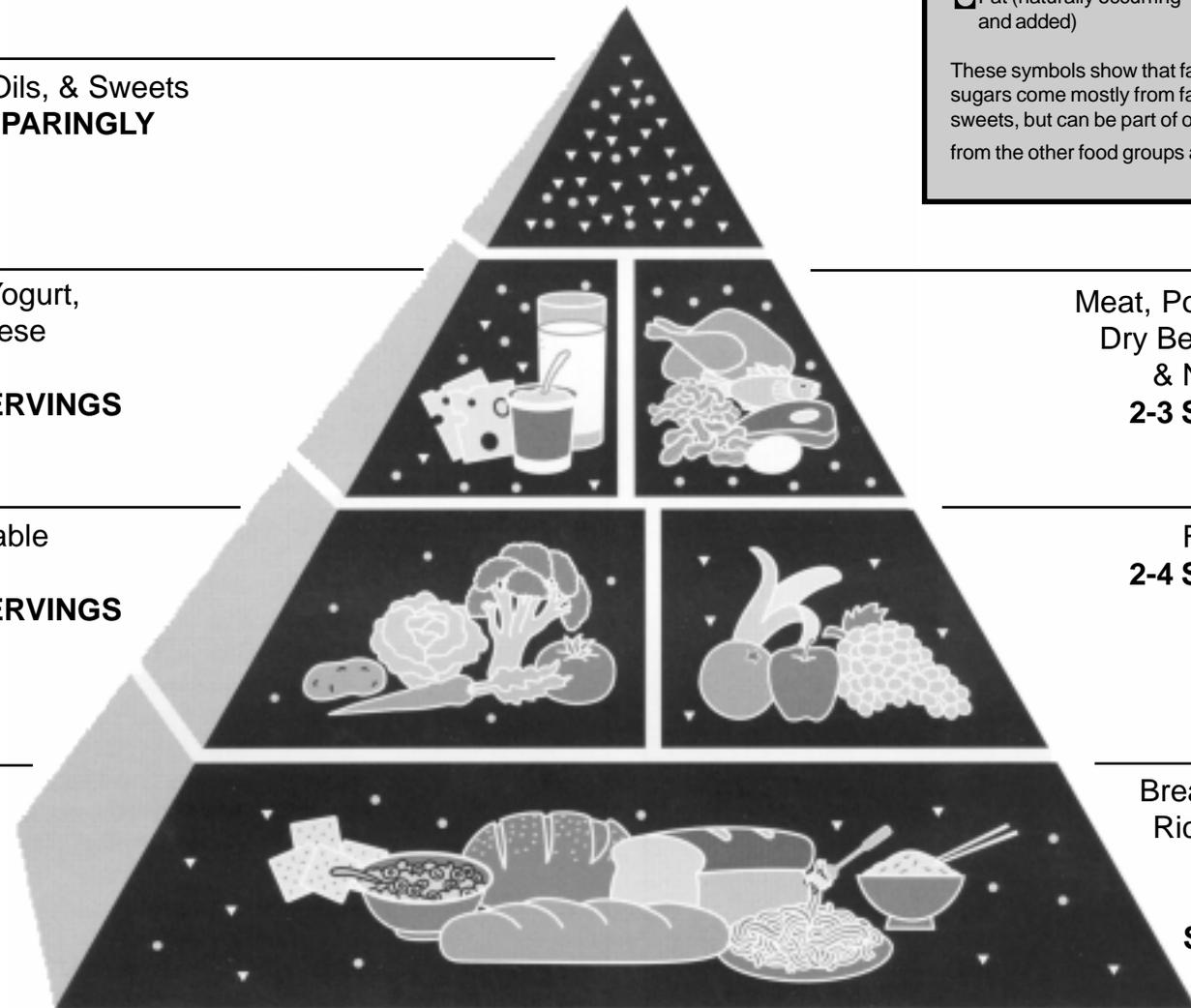
Fruit Group
2-4 SERVINGS

Bread, Cereal,
Rice, & Pasta
Group
**6-11
SERVINGS**

KEY

- ◻ Fat (naturally occurring and added) ◼ Sugars (added)

These symbols show that fat and added sugars come mostly from fats, oils, and sweets, but can be part of or added to foods from the other food groups as well.



SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services

Talk to your nutritionist about how many servings are right for you.
Some new moms need more food than others

What Counts as One Serving?

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti usually counts as two or three servings of pasta. The following amounts listed are for one serving.

Breads, Cereals, Rice and Pasta

1 slice of bread
½ cup of cooked rice or pasta
1 tortilla
½ cup of cooked cereal
¾ cup of ready-to-eat cereal

Vegetables

½ cup vegetables (raw, cooked, canned, or frozen)
1 cup raw leafy greens
¾ cup (6 ounces) of 100% vegetable juice

Fruits

1 medium size fruit
¾ cup (6 ounces) of 100% juice
½ cup fruit (raw, cooked, canned or frozen)
¼ cup dried fruit

Milk, Yogurt and Cheese

1 cup of milk or yogurt
1 ½ to 2 ounces of cheese

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts

2 to 3 ounces lean meat, poultry, or fish

Count ½ cup of cooked dried peas or beans, or 1 egg, or 2 Tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving).

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.

Adapted from the Texas Department of Health

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Tennessee Department of Health
Authorization No. 343359
No. of Copies 60000
This document was promulgated
at a cost of \$.06 a copy. 03/01
DH - 0084

FOODS FOR YOU AFTER YOU DELIVER



For: