I don't have time to eat healthy. What can I do?

Try to have quick snacks handy. Here are some ideas:

- Milk, juice, fresh fruits, carrot sticks, cheese and crackers, peanut butter sandwiches, yogurt, cereal with milk, quesadillas (cheese melted in a tortilla), canned beans, canned tuna or salmon, eggs, frozen vegetables, baked potatoes or sweet potatoes. All milk has the same vitamins and minerals, whether it is nonfat, 2 % or whole milk.
- Ask a friend to help you with shopping or cooking, or to bring you a meal.
- Ask your doctor if you should keep taking your prenatal vitamins.

I want to lose weight and get back in shape. How can I do it?

Give yourself some time. The best way to lose weight is slowly, about 1 or 2 pounds (450–900 grams) a week. Eat healthy foods and get some exercise often.

Do whatever you enjoy — dance, swim, bike. Just walking with your baby is great! Exercise will also help keep your heart and your bones healthy.

Ask your doctor when you can start exercising and what you can do.

Breastfeeding your baby may help you lose weight too.

My doctor says I have anemia. What does that mean?

Many new moms have anemia, or low iron blood. Anemia can make you feel tired and weak, and get sick easily. Eat meats, beans, and WIC cereals as often as you can to get the iron you need. If your doctor gives you iron pills, be sure to take them.

I've been constipated. What can I do about it?

Eat lots of fruits and vegetables and beans. Also eat more whole grains like whole wheat bread, corn tortillas, oatmeal, and bran cereals. Drink lots of liquids, especially water. We all need at least 8 cups (2 liters) of liquids every day. Drink whenever you're thirsty, especially if you are breastfeeding!

I feel depressed sometimes. Is that normal?

You may feel happy one minute and be crying the next. Most new moms feel sad or upset sometimes. This is because of:

- hormone changes in your body
- not enough sleep
- caring for your baby 24 hours a day
- the baby's crying
- missing your friends

It usually gets easier as your baby gets more settled. Ask your friends and family for help, and try to rest. Getting some exercise can help you feel a lot better!

If you feel sad or upset for more than 2 weeks or you start feeling worse, you may have depression. You may have no interest in your baby, eating, sex, or life in general.

It may be hard to take care of your baby. You may feel like hurting your baby.

If you have these feelings, get help **right away** from your doctor or a counselor. Counseling or medicine can help treat depression. If you don't know who to ask for help, the WIC staff can give you ideas.

Take good care of yourself, and be a healthy mom!

Washington State Department of Health
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Be a Healthy Mom

This is my goal: _____

_____

_____

Congratulations, Mom!

There is a new baby in your life!
A new baby brings a lot of joy.
Caring for your baby also takes
a lot of energy and time.

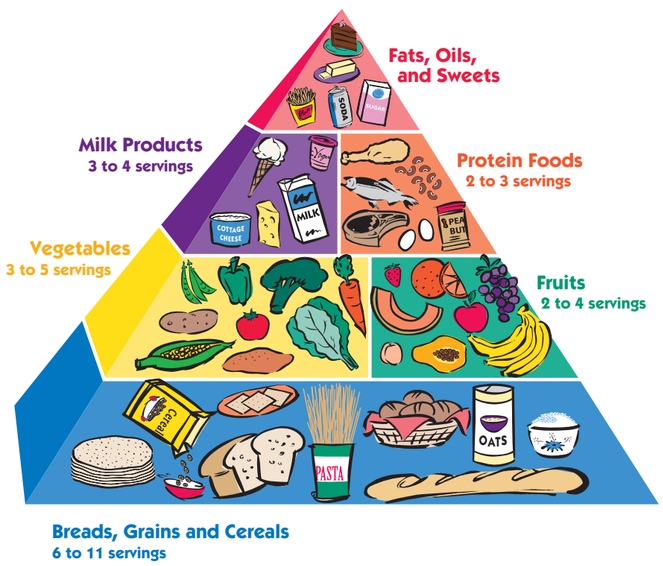
To have energy for your baby and yourself, you need to take care of yourself too!

These tips can help you to be a healthy, happy mom.

Now that my baby is born, does it matter what I eat?

Yes!! Eating healthy foods helps you:

- get your body back in shape
- have more energy
- feel better



One Serving Is About...

6 to 11 servings each day

Breads, Grains, Cereals

Bread slice, tortilla, roll, muffin, pancake, bagel 1
Dry cereal ..... 3/4 cup or 180 mL
Noodles, rice, cooked cereal ..... 1/2 cup or 120 mL
Crackers 8
Eat some whole grain foods every day.

3 to 5 servings each day

Vegetables

Cooked ..... 1/2 cup or 120 mL
Raw ..... 1 cup or 235 mL
Eat a dark green or yellow vegetable every day, like carrots, broccoli, spinach, greens, sweet potato, or squash.

2 to 4 servings each day

Fruits

Fresh ..... 1 medium
Canned or frozen ..... 1/2 cup or 120 mL
Juice ..... 6 ounces or 180 mL
Eat a good vitamin C fruit every day, like orange, strawberries, melon, mango, papaya, or WIC juices.

3 to 4 servings each day

Milk Products

Milk ..... 8 ounces or 240 mL
Cheese ..... 1 1/2 ounces or 45 g
Cottage cheese ..... 2 cups or 475 mL
Yogurt, pudding or custard made with milk ..... 1 cup or 235 mL
Frozen yogurt, ice cream ..... 1 1/2 cups or 355 mL
Choose mostly lowfat or fat free milk products.

2 to 3 servings each day

Protein Foods

Animal Protein

Meat, chicken, turkey, fish ..... 2–3 ounces or 60–90 g
Eggs 2–3

Vegetable Protein

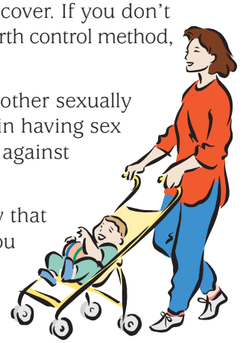
Cooked dry beans, peas, lentils ..... 1 cup or 235 mL
Peanut butter ..... 4 tablespoons or 60 mL
Tofu ..... 1/2 cup or 120 mL
Eat some vegetable protein foods every day!

Fats, Oils, and Sweets

It is OK to eat these foods once in a while.

10 Tips for a Healthy Mom

- Get a medical checkup for yourself 4 to 6 weeks after your baby is born.
- Ask your friends and family for help with the baby and housework. Tell them what you need.
- Ask someone you trust to watch the baby sometimes so you can rest, take a bath or a walk, or do something nice for yourself.
- Take a nap while your baby is napping, when you can.
- Keep up the healthy habits you started while you were pregnant!
- Keep your baby and yourself away from cigarette smoke.
- Wait at least a year before getting pregnant again. Enjoy your new baby, and let your body recover. If you don't want to get pregnant now, choose a birth control method, and use it!
- Protect yourself from HIV/AIDS and other sexually transmitted diseases, when you begin having sex again. Use condoms — they protect against diseases.
- Talk to other moms. It helps to know that other people feel like you do, and you can get some good ideas.
- Ask your doctor or WIC staff for help with:
  - breastfeeding
  - losing weight
  - finding child care
  - being a good parent
  - feeling depressed
  - smoking, drinking, or using drugs



Washington State Department of Health

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