

After You Deliver

Health Tips
for Moms

EAT RIGHT FOR GOOD HEALTH

Eat a variety of whole foods throughout the day, including fruits, vegetables, protein, dairy, and whole grains.

Use the nutrition facts label to select foods that are:

Low in saturated fat, trans fat, added sugars and sodium.

High in vitamins and minerals.

Stay hydrated by drinking water and other unsweetened beverages throughout the day.

Pay attention to portion sizes.



FRUITS

Daily Goal
1½ to 2 cups

Focus on Fruits

- Enjoy a variety of fruit.
- Choose fresh, frozen, canned, and dried fruit.
- Go easy on fruit juice.

VEGETABLES

Daily Goal
2½ to 3½ cups

Vary Your Veggies

- Eat a variety of vegetables. Vegetables of different colors provide different nutrients.
- Enjoy vegetables raw or cooked, plain or flavored with healthy fats, herbs, and spices.

MILK

Daily Goal
3 cups

Eat Calcium-rich Foods

- Choose milk, yogurt, cheese, and other dairy without added sugars.
- If you don't or can't drink milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

HEALTHY FATS

- Focus on healthy fats from whole foods such as seafood, avocados, olives and olive oils, nuts, seeds, dairy, meat, poultry, and eggs.

PROTEIN

Go Lean with Protein

- Vary your protein routine. Choose from meats, poultry, eggs, seafood, beans, peas, lentils, legumes, soy, nuts, and seeds.
- Use cooking methods like baking, broiling, grilling, roasting, and stir-frying.
- 3 oz. of protein is about the size of a deck of playing cards.
- Aim for high quality protein with every meal.

WHOLE GRAINS

Choose Fiber-Rich Whole Grains

Eat 2-5 servings of whole grains every day.

1 serving is:

- 1 slice of whole grain bread
- ½ cup oatmeal
- ½ cup cooked brown or wild rice, whole grain pasta, quinoa, etc.

AVOID HARMFUL HABITS

- Don't smoke tobacco. Tobacco is smoked in cigarettes, cigars, and pipes.
- Avoid second hand smoke. Second hand smoke is tobacco smoke in the air.
- Don't use snuff. Snuff is a form of smokeless or spit tobacco that is chewed, sniffed, or "dipped."
- Avoid alcohol when taking care of your child(ren) and/or breastfeeding. Alcohol use includes drinking liquor, mixed drinks, beer, wine, and wine coolers.
- Stay off drugs. Anything that gets you high can harm your baby. Stay away from marijuana, cocaine, heroin, ecstasy, meth and other street drugs.
- Common household products, such as cleaning fluids, aerosol spray cans, and glues can be harmful if they are sniffed, inhaled, or ingested.
- Medicines (both those prescribed by a healthcare provider and store-bought drugs, such as sleeping, pain, and diet pills) can be harmful drugs when not used as directed.



WEIGHT MANAGEMENT

- If breastfeeding, a slow weight reduction is safe.
- Be sure to stay within your daily calorie needs.
- Stay healthy by being physically active 30 to 60 minutes most days of the week.
- To lose weight, 60 to 90 minutes of daily physical activity may be required.

PHYSICAL ACTIVITY

Physical activity will help you lose weight and stay healthy. Enjoy a family-centered physical activity for at least 30 minutes a day.

- Dance to silly music.
- Take walks together.
- Sit on the floor and roll balls.
- Read stories and then act them out.



Ask your health care provider about a multivitamin with minerals.

- Pregnancy may deplete your body's stores of key nutrients.
- Energy and nutrient needs are increased for moms who breastfeed.
- Postpartum and breastfeeding women should consume a wide variety of high quality, nutrient dense foods to replenish stores and support lactation.
- Many women benefit from a multivitamin with minerals during this time. Your health care provider may recommend a supplement which includes nutrients like iron, omega-3 fatty acids, vitamin B12, choline, iodine, and folate.

IF YOU ARE BREASTFEEDING... CONTINUE FOR AS LONG AS YOU AND YOUR BABY CHOOSE

Breastfeeding your baby for the first year and beyond will help you and your baby be healthier.

Why is breastfeeding great for babies?

Breastmilk protects babies against infections and food allergies and is:

- Perfect food for babies.
- Easy for babies to digest.
- Natural.

Breastfed babies...

- May have a lower risk of Sudden Infant Death Syndrome (SIDS).
- Spit up less and have less diarrhea and constipation.
- Are sick less often.

Why is breastfeeding great for moms?

- Helps a woman's uterus return to normal size faster.
- Helps moms lose the weight they gained during pregnancy.
- Something only you can do for your baby.
- Time for moms to relax and enjoy their babies.
- Cheaper and easier than bottle-feeding.
- Protects moms against breast cancer.

Stay Up To Date on Immunizations

Immunizations are shots that protect you and your child(ren) from preventable diseases. Make sure you and your child(ren) get the right immunizations at the right time.

Visit [cdc.gov/vaccines](https://www.cdc.gov/vaccines) for more information.

