



After You Deliver

Health Tips for Moms

EAT RIGHT FOR GOOD HEALTH

- Use “MyPlate” as a guideline to plan your meals. “MyPlate” helps you choose good foods and portions for you after your pregnancy. www.choosemyplate.gov
- Pick fiber rich whole grains, whole fruits, vegetables, beans and peas
- Buy fat-free or low-fat milk and dairy products for you and your children 2 years of age or more
- 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

FRUITS

Focus on Fruits

Enjoy a variety of fruit.

Choose fresh, frozen, canned, and dried fruit.

Go easy on fruit juice.

Daily Goal
1 1/2 to 2 1/2 cups

GRAINS

Make Half Your Grains Whole

Eat at least 3 oz. of whole grain cereals, breads, crackers, rice, or pasta every day.

1 oz. is about:

- 1 slice of bread
- 1 cup of breakfast cereal
- ½ cup of cooked rice, cereal, or pasta

Daily Goal
6 to 10 oz.

VEGETABLES

Vary Your Veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.

Include more orange vegetables like carrots and sweet potatoes.

Eat more dry beans and peas like pinto beans, kidney beans, and lentils.

Daily Goal
2 1/2 to 4 cups

MILK

Eat Calcium-rich Foods

Choose lowfat, or nonfat when you choose milk, yogurt, and other milk products.

If you don't or can't drink milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

Daily Goal
3 cups

MEAT & BEANS

Go Lean with Protein

Choose lean meats and poultry. Bake it, broil it, or grill it.

Vary your protein routine.

Choose more fish, beans, peas, nuts, and seeds.

3 oz. of protein is about the size of a deck of playing cards.

Daily Goal
5 - 7 oz.

HEALTHY TIPS

AVOID HARMFUL HABITS

- Tobacco is smoked in cigarettes, cigars, and pipes.
- Second-hand smoke is tobacco smoke in the air.
- Snuff is a form of smokeless or spit tobacco that is chewed, sniffed, or “dipped”.
- 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, crack, cocaine, heroin, ecstasy, meth, and other street drugs.
- Common household products, such as cleaning fluids, aerosol spray cans, and glues, can be harmful drugs if they are sniffed, inhaled, or drank.
- Medicines (both those prescribed by a health-care provider and store-bought drugs, such as sleeping, pain, and diet pills) also 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
- Be physically active for at least 30 minutes most days of the week
- To prevent weight gain, be active 60 minutes a day
- 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



The U.S. Department of Agriculture (USDA) is an equal opportunity provider. This publication was issued by the Oklahoma State Department of Health (OSDH), an equal opportunity employer and provider. A digital file has been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries in compliance with section 3-114 of Title 65 of the Oklahoma Statutes and is available for download at documents.ok.gov. | Issued February 2020 | 20037WIC | ODH No. P354 |

TAKE A MULTIVITAMIN WITH FOLIC ACID

Why do I need folic acid?

- It is recommended for all women whether or not you are planning to become pregnant
- It is a vitamin that helps your unborn baby's brain and spinal cord form properly during the early weeks of pregnancy
- Folic Acid also helps reduce your risk for heart disease and some cancers

How can I get enough folic acid?

- Take a daily multi-vitamin containing 400 micrograms of folic acid
- Eat a variety of foods including orange juice, leafy green vegetables, beans, and enriched breads and cereals

BREASTFEED

...IF NOT THIS TIME, THEN NEXT TIME

Human milk is the perfect food for your baby. Breastfeeding your baby for the first year and beyond will help you and your baby be healthier.

Why is breastfeeding great for moms?

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

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

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