

HEALTHY MOM

*You've got
this!*



CONGRATULATIONS ON
YOUR NEW BABY



YOUR BODY HEALS BEST WHEN YOU EAT WELL

Eating regular meals helps you heal faster and have more energy. Each of the 5 food groups offers different things you need. Try to eat from each of these food groups every day.

GRAINS - Choose whole grains!

at least 6 servings

- 1 slice bread or 6-inch tortilla
- 1/2 bagel or whole wheat bun
- 1/2 cup cooked cereal, rice, or noodles
- 1 cup cold cereal



At least half the grains you eat should be whole grains, like oatmeal, brown rice, corn or whole wheat tortillas, or bread. Whole grains can help reduce constipation and manage your weight.

VEGETABLES - Vary your veggies!

at least 2 1/2 servings


- 1 cup raw or cooked vegetables
- 1 cup vegetable or tomato soup
- 2 cup fresh salad greens

Eat many kinds and colors. Dark green or orange vegetables are rich in vitamin A. Enjoy them every day to keep your eyes and skin healthy and protect against infections.






NUTRIENTS FOR YOUR BODY



CALCIUM is important for bone health both during and after pregnancy. Find calcium in milk or soy milk, yogurt, cheese, and dark leafy green vegetables.

IRON supplementation may be necessary after pregnancy. Find iron in lean meats, cooked beans, dark leafy green vegetables, and bread or cereal.

FOLIC ACID is important for all women of child-bearing age. Find folic acid in cereals, dark leafy vegetables, dried beans, and citrus fruits. Ask your doctor if you should take or continue taking a prenatal vitamin.




It is recommended to get at least 400 mcg of folic acid every day.

VITAMIN C helps with wound healing and decreases risk of infection after pregnancy. Find Vitamin C in citrus fruits and juices, broccoli, tomatoes, and bell peppers.


FIBER helps relieve constipation during and after pregnancy. Find fiber in fresh fruits and vegetables, whole grains, beans, nuts, and hot or cold cereal.

You may not get all of the nutrients you need through the foods you eat. Eating fortified cereal or taking a multi-vitamin can help you get the recommended amount of vitamins and minerals your body needs.



QUICK AND EASY

HEALTHY MEALS OR SNACKS

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- Scrambled egg, lowfat cheese and salsa wrapped in a whole wheat tortilla with an orange on the side.
 - Turkey and avocado on whole wheat bread with carrot sticks, an apple and an oatmeal raisin cookie.
 - WIC approved cereal with lowfat milk, topped with strawberries or sliced bananas.
 - Whole wheat spaghetti with meat sauce and a mixed green salad with tomatoes.
 - Whole wheat crackers with peanut butter.
 - Lowfat vanilla yogurt topped with granola, strawberries and blueberries.

You can get many of these foods with your WIC benefits.

Choose healthy beverages to drink with these meals and snacks. Water is always the best choice. Another healthy choice is lowfat milk.

FRUITS - Eat a variety!

at least 2 servings

- 1 cup fruit
- 1 medium to large apple, orange, or peach

Have a vitamin C fruit every day, like oranges, berries, or melons. Vitamin C helps absorb more iron from other foods, providing you with more energy and strength after delivery.



PROTEIN - Go lean!

at least 5 1/2 servings

- 1/4 cup meat, chicken, turkey, or fish
- 1 egg
- 1/4 cup beans or tofu
- 1 tablespoon peanut butter
- 2 tablespoons nuts

Meat, chicken, turkey, fish, and beans provide iron to keep your blood strong. Beans and lentils are very low in fat.



DAIRY - Choose low-fat options!

at least 3 servings

- 8 ounces nonfat or 1% milk
- 1 cup lowfat yogurt
- 1-2 slices lowfat cheese

Dairy foods offer calcium and potassium to build strong bones and teeth, and lower blood pressure.

If it is hard to drink milk, get ideas from WIC.



FATS, OILS, & SWEETS

Add a little healthy fat, like olive or canola oil, avocados, nuts, and seeds. While they may help keep your cholesterol low, they are high in calories - just 5 or 6 teaspoons a day is enough.





BE ACTIVE

WHENEVER YOU CAN

Walking is a great way to get and stay fit. Start with a 5 to 10 minute walk. After one week, walk a little longer or farther. Get the whole family to take a walk. Set a goal that works for you!

Here are other easy ways to move your body:

- March in place when you watch TV or talk on the phone.
- Take the stairs instead of the elevator.
- Park the car farther away from the entrance.
- Dance to your favorite music alone or with your kids.
- Try something new, like yoga.

Being active helps with constipation and is a stress reliever too.

Take it easy, at first. Your body needs to heal. Ask your health care provider for activity ideas and how much activity is right for you.

B A B Y BLUES

PAY ATTENTION TO YOUR MOODS. Many new moms get the blues, and may cry, feel sad, and have mood swings. You may feel this way too. If the feelings get stronger, or last longer than 2 weeks, you may have postpartum depression. Postpartum depression is a medical condition that can be treated. Untreated depression is hard on you, your baby, and your family. The sooner you get help, the faster you will feel better.

Talk to your doctor or call [1-800-944-4PPD](tel:1-800-944-4PPD) (1-800-944-4773).

Remember you are not alone. There are a lot of moms just like you with the same struggles and demands.

Enjoy your new baby, but take care of you, too!

It's very important you make time for yourself.

Everybody wants to help with the new baby so let them. Let family and friends shop, cook, clean and change diapers.

Give yourself time to recover from your pregnancy!



SLEEP

IS IMPORTANT

Try to sleep while your baby sleeps safely in their own crib. Even if you can't sleep, lie down and rest. A few minutes of rest several times a day adds up!

Tobacco, alcohol and other drugs are harmful to you and your baby.

GET HELP TO QUIT

- Talk with your doctor.
- Call the Substance Abuse and Mental Health Services Administration Helpline at 1-800-662-HELP (1-800-662-4357).
- Call the Michigan Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669).



www.michigan.gov/wic

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