

HEALTHY NUTRITION POST DELIVERY

Eat Nutritious Foods

Taking care of Mom is an important part of taking care of baby. Whether you are breastfeeding or bottlefeeding, eating a balanced diet will help replace the nutrients lost during pregnancy and delivery, provide energy, and maintain your strength. Eat a variety of fruits and vegetables. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients including fiber, folate, potassium, and Vitamins A and C.



Protein is also a very important part of your diet after pregnancy. Protein functions as a building block for enzymes, hormones, and vitamins. Use the “My Plate” method as a guide for every meal. Making half of your plate fruits and vegetables and half of your grains whole-grains is a good way to ensure you are eating a balanced meal. Also, ensuring adequate amounts of Dairy will provide your body with Calcium and Vitamin D. Refer to the food group table shown on the back for a detailed guide on the proper portion size for each food group.

Healthy Eating Tips

- Focus on fruits, vegetables, whole grains, and lean sources of protein – Foods high in fiber provide your body with many important nutrients that will help your body to feel fuller longer.
- Choose the light or low-fat options when available.
- Eat only when you are hungry.
- Eat smaller portions.
- Limit “empty calories” – Soft drinks, desserts, fried foods, fatty meats, and whole milk.
- Eat slowly.
- Drink plenty of water.
- Eat healthy snacks.

Get In Shape after Delivery

Losing weight gradually is the safest, most reliable way to get weight off and keep it off. Weight loss of no more than 1-2 lbs per week is recommended. Most women who are breastfeeding should continue eating about the same number of calories you did throughout pregnancy. Breastfeeding may help you lose the weight gained in pregnancy because you can burn up to 500 calories breastfeeding each day. Women that are bottlefeeding should cut about 300 to 500 calories from their pregnancy diet to allow for gradual weight loss. The exact amount of calories will depend on a number of individual factors. Ask your doctor or dietitian to find out the right amount for you.

Exercise

Exercise promotes weight loss, improves your cardiovascular fitness and muscle strength, reduces constipation, boosts your energy level, improves your mood, and relieves stress. Resume exercise as soon as you've been cleared by your doctor. Begin slowly by gradually increasing the intensity and the length of your workout. Remember -- you do not need to do your exercises all at once; it can be broken down into shorter time periods throughout the day.

Vitamins and Mineral Supplements

After delivery it is recommended to either continue taking prenatal vitamins or start a multi-vitamin. A supplement does not take the place of a well-balanced diet, but it can provide some extra assurance. If you are breastfeeding the American Academy of Pediatrics recommends giving your baby 400 IU of Vitamin D per day. Vitamin D is present in breast milk, but in low amounts.

Help Yourself

- Sleep when the baby sleeps
- Set aside time daily to relax
- Get plenty of fresh air and exercise
- Talk with other new mothers
- Get help from others (grocery shopping, house cleaning, etc.)
- Use foods and recipes that require little or no preparation
- Stay hydrated.

Grilled Chicken Panini

Ingredients

- 1 (11 ounce) package Grilled and Ready Fully Cooked Grilled Chicken Breast Strips
- ½ cup pesto sauce, prepared
- 8 slices Italian bread
- 4 slices provolone cheese
- 2 Tablespoons olive oil

Directions

- Spread one tablespoon of pesto onto one side of each bread slice. Divide chicken strips among 4 slices of bread. Place a slice of cheese on top of chicken. Top with remaining bread slices, pesto side down.
- Brush the outer sides of each sandwich with the olive oil.
- Heat large skillet or griddle over medium. Grill sandwiches until browned on one side; turn and grill until brown on other side.

Food Group Table:

Grains	6 Ounces a Day	1 Ounce of Grains	Tips
Whole Grains	>/3 Ounces a Day	1 slice of bread (1 ounce)	Make at least half your grains, whole grains
		0.5 cup cooked pasta, rice or cereal	
		1 tortilla (6 inch diameter)	
		1 cup ready-to-eat cereal	
Vegetables	2.5 Cups a Day	1 Cup of Vegetables	Tips
Dark Green	1.5 cups per week	1 cup raw or cooked vegetables	Include vegetables in meals and snacks
Red & Orange	5.5 cups per week	1 cup 100% vegetable juice	
Peas	1.5 cups per week	2 cups leafy salads	
Starchy	5 cups per week		
Fruits	2 Cups a Day	1 Cup Fruit	Tips
		1 cup raw or cooked fruit	Choose fresh, frozen, canned and dried fruit more than juice.
		1 cup 100% fruit juice	Enjoy a wide variety of fruits.
		½ cup dried fruit	Buy Fruits in season.
Dairy	3 Cups a Day	1 Cup Dairy	
		1 cup milk	Drink fat-free (skim) or low-fat (1%) milk.
		1 cup yogurt	Choose Fat free or low-fat milk or yogurt.
		1.5 oz natural cheese (cheddar)	
Protein	5.5 Ounces a Day	1 Ounce of Protein Foods	Tips
		1 ounce lean meat, poultry, seafood	Select lean meat and poultry.
		1 egg	Eat seafood in place of meat or poultry twice a week.
		1 tablespoon peanut butter	
		¼ cup cooked beans	
		½ ounce nuts or seeds	