

EAT  
GROW  
LIVE

# HEALTHY



TIPS FOR NEW MOMS



A Special Note:

Congratulations on the birth of your baby! This is a special time. You are adjusting to your role as a mom to your new baby. WIC can help you:

- ✓ Learn how to get health care and other services;
- ✓ Learn to make smart food choices;
- ✓ Learn more about breastfeeding;
- ✓ Learn ways to keep your baby safe; and
- ✓ Get benefits to buy healthy foods.

This booklet has tips to keep you healthy. Staying healthy gives you and your family the best start. These tips do not replace your doctor's advice. Thank you for coming to WIC!

**NEXT STEPS/GOALS:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## GET HEALTH CARE.

**Go to your postpartum checkup.** Learn ways to stay healthy. Ask when you will need a checkup again. Write down questions to ask before you go.

- **Stay up to date with shots.** You and your child need shots. Shots keep you safe from diseases like measles, polio, and tetanus.

Most shots are given in the first 2 years. Some shots are needed after that. Ask your doctor what you and your child need.

Get shots on time. The doctor will say when to get them. Keep a shot record for you and your child. When your child is due for shots, take the record to the doctor. Take the record to WIC when they ask you to.

- **Know your HIV status.** Call your local WIC office for more information or the MCH Moms Helpline at 1-844-624-6667.

# CHOOSE FOODS FOR GOOD HEALTH.

Every day, eat foods from all 5 food groups.

**EAT REGULAR MEALS.** Eating regular meals helps you:

- Have more energy.
- Think clearly.
- Heal better.

FOOD GROUPS PER DAY:		WHAT COUNTS AS ...	TIPS
<p><b>GRAINS</b></p> <p><b>Breastfeeding</b> 7 ounces (7 servings)</p> <p><b>Non-Breastfeeding</b> 6 ounces (6 servings)</p>		<p><b>1 OUNCE OF GRAINS?</b></p> <ul style="list-style-type: none"> <li>• 1 slice bread or tortilla</li> <li>• 1/2 bagel or hamburger bun</li> <li>• 1/2 cup cooked rice, noodles, or cereal</li> <li>• 1 cup flake-type cereal</li> </ul>	<p>Eat whole grains like:</p> <ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Whole wheat or rye bread</li> <li>- Brown rice</li> <li>- Corn tortillas</li> </ul>
<p><b>VEGETABLES</b></p> <p><b>Breastfeeding</b> 3 cups (6 servings)</p> <p><b>Non-Breastfeeding</b> 2½ cups (5 servings)</p>		<p><b>½ CUP OF VEGGIES?</b></p> <ul style="list-style-type: none"> <li>• 1/2 cup chopped or cooked</li> <li>• 1 cup lettuce or other leafy greens</li> <li>• 1/2 cup vegetable or tomato juice</li> </ul>	<ul style="list-style-type: none"> <li>• Eat many kinds and colors: dark green, orange, red, yellow, purple, and white.</li> <li>• Add to: scrambled eggs, rice, noodles, salads, and casseroles.</li> </ul>
<p><b>FRUITS</b></p> <p><b>Breastfeeding &amp; Non-Breastfeeding</b> 2 cups (4 servings)</p>		<p><b>½ CUP OF FRUIT?</b></p> <ul style="list-style-type: none"> <li>• 1/2 cup chopped or cooked</li> <li>• 1 small piece of fruit – banana, orange, peach</li> <li>• 1/2 cup 100% fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>• Eat many kinds and colors: red, yellow, orange, blue, green, and white.</li> <li>• Put sliced or chopped fruit on cereal, pancakes, pudding, and frozen yogurt.</li> </ul>
<p><b>MILK &amp; MILK PRODUCTS</b></p> <p><b>Breastfeeding &amp; Non-Breastfeeding</b> 3 cups (3 servings)</p>		<p><b>1 CUP OF DAIRY?</b></p> <ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• 1 cup yogurt</li> <li>• 1 to 2 slices cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Buy lowfat (1%) or fat free milk and lowfat cheese.</li> <li>• If it is hard to drink milk, get ideas from WIC.</li> </ul>
<p><b>MEAT &amp; BEANS</b></p> <p><b>Breastfeeding</b> 6 ounces (6 servings)</p> <p><b>Non-Breastfeeding</b> 5½ ounces (5 servings)</p>		<p><b>1 OUNCE OF PROTEIN FOODS?</b></p> <ul style="list-style-type: none"> <li>• 1 ounce meat, chicken, turkey, or fish</li> <li>• 1/4 cup canned light tuna</li> <li>• 1 egg</li> <li>• 1/4 cup cooked beans or tofu</li> <li>• 1 tablespoon peanut butter or nuts</li> </ul>	<ul style="list-style-type: none"> <li>• A 3-ounce serving is the size of a deck of cards.</li> <li>• Eat more beans like you get from WIC. Ask WIC for recipes.</li> <li>• Choose lean meats. Bake, broil, or grill them.</li> </ul>





# SAMPLE MENU

**Eat breakfast, lunch, and dinner.** Choose foods from all the food groups: grains, vegetables, fruits, milk, and meat & beans. Such as:

## BREAKFAST

Hard cooked egg  
Whole wheat toast or soft tortilla  
Sliced peaches  
Lowfat milk  
WIC juice

## LUNCH

Turkey sandwich  
Carrot sticks  
Apple  
Lowfat milk  
Oatmeal raisin cookie

## AFTERNOON SNACK

Tomato juice  
Whole wheat crackers

## DINNER

Spaghetti with meat sauce  
Whole wheat bread  
Green beans  
Salad—lettuce, tomato  
Lowfat milk

## BREAKFAST IDEAS

**Make time for breakfast.** It helps you get through the day. Here is a simple plan. Choose one or more foods from each group below.

Bread, cereal, or other grain	+	Fruit or Vegetable	+	Milk or Meat or both
<i>EXAMPLES:</i>				
WIC Oatmeal	+	Applesauce	+	Lowfat Milk
Waffle	+	Sliced Strawberries	+	Lowfat Yogurt
Whole Wheat Tortilla	+	WIC Beans & Tomatoes	+	Cheese
Rice	+	Vegetables	+	Egg
Dry WIC Cereal	+	Raisins	+	Peanuts (grab & go)
Pizza topped with	+	Vegetables	+	Cheese

## TIP:

Get your body in shape with WIC foods.

They give you:

- Iron for healthy blood
- Calcium for strong bones and teeth
- Vitamins A and C for healing
- Protein for body repair

## GET FOLIC ACID EVERY DAY.

**Folic acid is a vitamin.** It helps prevent birth defects in a baby's brain and spine. It builds healthy blood cells. Most women need 400 micrograms (mcg) every day. To get this much, take a vitamin pill or eat fortified cereal. Talk with your doctor about the best way to get folic acid.

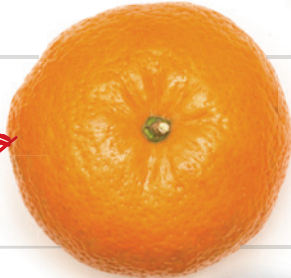
- Eat foods with folic acid. Many foods have folic acid. Eat them even if you take a vitamin pill or eat fortified cereal.

### FOOD WITH FOLIC ACID:

- WIC bread
- WIC cereal
- Macaroni and other pasta
- Rice



- Fruits



- Dark green vegetables



- WIC beans, peas, and lentils
- Nuts and peanuts
- Seeds
- Liver and giblets



## READ NUTRITION LABELS.

If you eat fortified cereal: **Read the label.** The cereal should give you 100% of the Daily Value. This means it has 400 mcg of folic acid.

## Nutrition Facts

Serving Size 1 Cup (31 g/1.1 oz.)  
Servings Per Container About 11

Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
<b>Calories</b>	110	150
Calories from Fat	0	0
	% Daily Value**	
<b>Total Fat</b> 0g*	<b>0%</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 220mg	<b>9%</b>	<b>12%</b>
<b>Potassium</b> 60mg	<b>2%</b>	<b>7%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>	<b>9%</b>
Dietary Fiber less than 1 g	<b>3%</b>	<b>3%</b>
Sugars 4g		
Other Carbohydrate 18g		
<b>Protein</b> 7g	<b>3%</b>	<b>13%</b>

Vitamin A	15%	20%
Vitamin C	35%	35%
Calcium	0%	15%
Iron	45%	45%
Vitamin E	35%	35%
Thiamin	30%	40%
Riboflavin	35%	45%
Niacin	35%	35%
Vitamin B6	100%	100%
<b>Folic Acid</b>	<b>100%</b>	<b>100%</b>
Vitamin B12	100%	110%
Phosphorus	6%	20%
Magnesium	4%	8%
Zinc	6%	8%
Selenium	10%	10%

## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate and 50% as beta-carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamin mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	30 mg	100%
<b>Folic Acid</b>	<b>400 mcg</b>	<b>100%</b>
Vitamin B12 (as cyanocobalamin)	6mcg	100%
Biotin	30 mcg	100%
Pantothenic Acid (as calcim pantothenate)	10mg	100%

If you take a vitamin pill: **Read the label.** The pill should have 400 mcg of folic acid.







## BE SMART ABOUT FAST FOODS.

### On the go? Ask for these fast foods.

- Grilled chicken sandwich
- Turkey or roast beef sub
- Hamburger or cheeseburger (regular size)
- Main dish salad or side salad
- Pizza topped with green peppers, tomatoes, and mushrooms
- Baked potato with vegetable and cheese toppings
- Fruit
- Water, lowfat milk, or juice

## TIP:

Make fast foods at home.

Use one bag of frozen mixed vegetables to:

#### » Make a stir fry.

- 1 Cook the vegetables.
- 2 Add cooked chicken or meat.
- 3 Serve over rice.

#### » Make a main dish pasta salad.

- 1 Cook the vegetables.
- 2 Add cooked macaroni and cooked beans or meat.
- 3 Toss with your favorite salad dressing.

#### » Make a pot of soup.

- 1 Cook the vegetables.
- 2 Add some chopped tomatoes, water, cooked macaroni, and your favorite seasonings.



## BE ACTIVE FOR A HEALTHY BODY.

Being active helps you feel good, stay healthy and sleep better.  
You can:

- Have more energy.
- Work off stress.
- Tone your muscles.
- Work off your pregnancy weight.

### TIP: MAKE ONE CHANGE AT A TIME.

- » **Change health habits one at a time.**  
Get used to one change before you make the next one.
- » **What food can you cut back on?**  
*Example:* Cut back to one soda a day.

— OR —

- » **What food can you change?**  
*Example:* Use fat-free salad dressing.

— OR —

- » **What can you do to be more active?**  
*Example:* Take the stairs, not the elevator

- **Take it easy, at first.** Your body needs to heal. Ask your doctor what you can do and when you can do it.
- **Walking is a great way to get and stay fit.** Put your baby in the stroller and walk. Walk at the mall, school, or community center.
- **Start with a 5 or 10 minute walk.** After one week, walk a little longer or farther. 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.
- Play music and dance.



### Keep your teeth healthy.

Healthy teeth and gums are a sign of good health.

- Brush your teeth (and tongue) at least 2 times a day.
- Floss your teeth 2 times a day.
- Drink water, not sugar-sweetened drinks.
- Get a dental checkup every 6 months.





## MAKE TIME FOR YOURSELF.

### Enjoy your new baby. But, take care of yourself, too.

- Ask for help from family and friends. Let them shop, cook, and clean.
- Nap when your baby naps. If you can't sleep, lie down and rest.
- Find someone to talk to.

In the couple weeks after having a baby, many moms experience “baby blues,” or feeling emotional, crying or having mood swings. If after 2 weeks the feelings do not go away, or they get worse, you could have postpartum depression or anxiety. It is important that you talk to your doctor about these feelings. Postpartum depression and anxiety usually do not go away on their own.

### If you feel unhappy, alone, or anxious after giving birth, you may have postpartum depression or PPD.

Get help by calling your doctor or the MCH MOMS Helpline at 1-844-MCH-MOMS (1-844-624-6667).

### SIGNS OF POSTPARTUM DEPRESSION OR ANXIETY:

#### Any of these feelings that last more than 2 weeks:

- Feel very sad.
- Cry all the time.
- Don't want to eat or can't stop eating.
- Can't sleep or want to sleep all the time.
- Don't want to take care of yourself.
- Don't enjoy the things you normally do.
- Don't feel close or connected to your baby.
- Feel like you could hurt yourself or your baby.
- Afraid to be alone with your baby.
- Worry too much about your baby.



### TIP

Try this stress reliever

- 1 Sit in a chair.
- 2 Put your hands on your stomach.
- 3 Breathe in through your nose. Breathe slowly for a count of 4. Hold for one second.
- 4 Breathe out through your mouth. Breathe slowly for a count of 4.

*Repeat 5 to 10 times or until you start to feel better.*

If you feel as though you are going to hurt yourself or someone else, please call the National Suicide Prevention Lifeline at **1-800-273-8255**, 24 hours a day, 7 days a week.



## HERE ARE SOME HELPFUL BREASTFEEDING TIPS:

**1.** Nursing is natural but may take time and practice. You and your baby are learning in the first 3 weeks. It gets easier after that.

**2.** Get your rest. You will have more energy for your baby.

**3.** Drink water, WIC milk, and WIC juice when you are thirsty. Have a beverage ready to drink while you nurse.

**4.** Eat three meals and at least one snack each day. Some snack ideas are:

- lowfat cheese and crackers
- fruit
- lowfat yogurt
- nuts and raisins
- WIC cereal
- sandwich

**5.** If you do not drink milk, talk to WIC. You can get some calcium from other foods like:

- cheese
- yogurt
- orange juice with calcium
- other foods fortified with calcium
- tofu (made with calcium)
- kale and collard greens

**6.** Ask your WIC Peer Counselor or lactation consultant where you can find a breastfeeding support group to talk with other moms.

**7.** Call WIC or the lactation consultant at the hospital if you have questions.



## KEEP YOU AND YOUR CHILDREN HEALTHY—BREASTFEED.

- Babies who drink mother’s milk love it and it comforts them! It is easy to digest and is always ready to feed.
- Moms of all ages can nurse. Moms who have small breasts, large breasts, multiple births, or have C-sections can nurse. Moms can nurse if they go back to work or school.
- Moms who breastfeed spend less money on food for baby, lose baby weight more quickly and are less likely to get certain cancers and diseases.



### DID YOU KNOW...

**Breastfeeding can have long-term positive impacts on the health of you and your baby.**

#### Babies who are breastfed:

- Have fewer allergies, are sick less often, have less diarrhea and constipation and a lower risk of Sudden Infant Death Syndrome (SIDS).

#### Moms who breastfeed:

- Experience many benefits, including protection against diseases such as ovarian cancer and breast cancer, type 2 diabetes, heart disease and osteoporosis.



## KEEP YOU AND YOUR BABY SAFE.

You and your child can get hurt from tobacco, alcohol, and other drugs. If you get pregnant again, your baby could be born too small or very sick.

### ✘ Stay away from tobacco.

Tobacco smoke can:

- Make your child have more colds and ear infections.
- Lead to asthma or make it worse.
- Lead to cancer, heart disease, or stroke.

Set a “NO SMOKING” rule for your home. Don’t let people smoke around your child.

**If you smoke, get help to quit.** Talk with your doctor or call the Indiana Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669)

### ✘ Stay away from alcohol and street drugs.

Alcohol and drugs can ruin your body and mind. You might forget to take care of your baby. If you need help, talk with your doctor or call 1-800-662-HELP (4357).

### ✘ Never leave your child with people who drink too much or use drugs.

### Say NO to:

- |                       |   |                     |
|-----------------------|---|---------------------|
| ✘ Beer                | • | ✘ Marijuana         |
| ✘ Wine                | • | ✘ Crack/cocaine     |
| ✘ Mixed drinks        | • | ✘ Speed or uppers   |
| ✘ Liquor              | • | ✘ Downers           |
| ✘ Cigarettes          | • | ✘ LSD               |
| ✘ Smokeless tobacco   | • | ✘ PCP or angel dust |
| ✘ Misuse of medicines | • | ✘ Heroin            |

## A FINAL NOTE TO MOM

If you could have a baby again, get ready now. If you have a health problem, get it under control.

- Get up to date on your shots.
- Eat right and stay active.
- Get folic acid every day.
- Don't drink, smoke, or use drugs.
- Breastfeed your baby!

A healthy mom grows a healthier baby!

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Office of the Assistant Secretary for Civil Rights  
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Washington, D.C. 20250-9410;
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- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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### QUESTIONS?

For more information or to find a clinic near you, call **1-800-522-0874** or visit our website at [WIC.in.gov](http://WIC.in.gov).

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