

## EAT RIGHT FOR GOOD HEALTH

- Choose whole fruits more often than juice
- 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
- Eat low-fat proteins, like poultry, fish, and beans
- Use the nutrition facts label to select foods that are:
  - Low in saturated fat, trans fat, and sodium, and high in vitamins and minerals
  - Use the % Daily Value (DV) column as a guide - 5% or less is low, 20% or more is high

## 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

## HAVE FUN WITH FAMILY-CENTERED PHYSICAL ACTIVITY

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

## BREASTFEED

### ...IF NOT THIS TIME, THEN NEXT TIME

#### 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)



- 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

## NUTRITION GOALS

NAME \_\_\_\_\_

GOALS \_\_\_\_\_

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For additional information visit with your WIC nutritionist or go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

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Washington, D.C. 20250-9410  
Fax: (202) 690-7442; or Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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Health Tips for Moms  
◀ After You Deliver ▶

“MyPlate” helps you choose good foods and portions for you after your pregnancy.

### 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 ½ to 4 cups

### FRUITS

#### Focus on Fruits

Enjoy a variety of fruit.

Choose fresh, frozen, canned, and dried fruit.

Go easy on fruit juice.

#### Daily Goal

1 ½ to 2 ½ 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.

### KNOW YOUR LIMITS

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, margarine, shortening and lard, as well as foods containing these fats.
- Check the nutrition facts label and choose foods that are low in saturated fats, trans fats, and sodium.
- Choose food and beverages low in added sugars.

### HEALTHY TIPS

#### Avoid the use of alcohol, drugs, cigarettes and e-cigarettes (vaping) and other habits that are harmful to you and your family.

- 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.
- Street (illegal) drugs have many names and forms. Examples are cocaine/crack, heroin, marijuana, methamphetamine and LSD. 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.

**Plan your meals** by using “My Plate” as a guideline. Planning meals ahead of time will help you maintain your nutrition goals.

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

**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.