EAT GROW LIVE HEALTHY

Tips for New Moms

Dear Mom,

Congratulations on the birth of your baby and for choosing WIC! Healthier families choose WIC - it's a choice to be proud of! As a new mom WIC offers you:

- ✓ Referrals to health care and other services.
- ✓ Information about smart food choices for you.
- ✓ Feeding information for your baby.
- ✓ Breastfeeding support.
- ✓ Ways to keep your baby safe.
- ✓ Checks to buy healthy foods for you and your baby.

This booklet has tips to help keep you and your new baby healthy. These tips do not replace a doctor's advice.

When you pick up your WIC checks, you can learn more about healthy eating and feeding your baby. WIC has nutrition groups for you and other moms to learn, share ideas, and ask questions. We hope you enjoy being on WIC.

Sincerely,
Your WIC staff

Next steps:_____

_____

_____

_____

Get Health Care

Learn ways to stay healthy.

- Go to your postpartum checkup.
- Ask when you'll need a checkup again.
- Stay up-to-date with shots. Ask about measles, polio, tetanus, and flu.
- If you need help, contact:
  - **ParentHelp123:** call 1-800-322-2588 or visit parenthelp123.org. They can help with finding low cost medical and dental clinics, WIC clinics, food banks and other helpful services.
  - **Washington Helpline 2-1-1:** call 211 or visit win211.org

Choose foods for good health.

Every day, eat foods from all 5 food groups.

GRAINS

Breastfeeding
6 ounces (6 servings)

Non-Breastfeeding
5 ounces (5 servings)

VEGETABLES

Breastfeeding
2½ cups (5 servings)

Non-Breastfeeding
2 cups (4 servings)

FRUITS

Breastfeeding
2 cups (4 servings)

Non-Breastfeeding
1½ cups (3 servings)

DAIRY

Breastfeeding and
Non-Breastfeeding
3 cups (3 servings)

PROTEIN

Breastfeeding
5½ ounces (5½ servings)

Non-Breastfeeding
5 ounces (5 servings)

Eat regular meals and choose a variety of grains, vegetables, fruits, dairy, and protein.

1 Ounce is 1 Serving	Tip
• 1 slice bread or tortilla • ½ bagel or hamburger bun • ½ cup cooked rice, noodles, or cereal • 1 cup flake-type cereal	• Eat whole grains often, like: - Oatmeal - Whole wheat bread or rolls - Brown rice - Tortillas (whole wheat or corn)
1/2 Cup is 1 Serving	**Tips**
• ½ cup raw or cooked vegetables • 1 cup lettuce or other leafy greens • ½ cup vegetable or tomato juice	• Eat many kinds and colors: dark green, orange, red, yellow, purple, and white • Add to: scrambled eggs, rice, noodles, salads, and casseroles
1/2 Cup is 1 Serving	**Tips**
• ½ cup chopped or cooked • 1 fruit—apple, orange, peach, etc. • ½ cup 100% fruit juice	• Eat many kinds and colors: red, yellow, orange, blue, green, and white • Put sliced or chopped fruit on cereal, pancakes, pudding, and frozen yogurt
1 Cup is 1 Serving	**Tips**
• 1 cup milk • 1 cup yogurt • 1 to 2 slices cheese	• Choose 1% or nonfat milk • If it is hard to drink milk, get ideas from WIC
1 Ounce is 1 Serving	**Tips**
• 1 ounce meat, chicken, turkey, or fish • ¼ cup canned light tuna • 1 egg • ¼ cup cooked beans or tofu • 1 tablespoon peanut butter	• A 3-ounce serving is the size of a deck of cards • Choose lean meats: bake, broil, or grill them • Eat more beans like you get from WIC, ask WIC for recipes

Sample Menu

Eat snacks and regular meals to have more energy and think clearly.

Breakfast

Hard cooked egg

Whole grain toast or tortilla

100% juice

Morning Snack

Sliced peaches

1% or nonfat milk

Lunch

Turkey sandwich with lettuce & tomato on whole wheat bread

Carrot sticks

Apple

1% or nonfat milk

Afternoon Snack

Tomato juice

Whole wheat crackers

Dinner

Spaghetti with meat sauce

Green beans

Tossed green salad

Grapes

1% or nonfat milk

Breakfast Ideas

Make time for breakfast. It helps you get through the day. Here is a simple plan. Try choosing a food from each column for a healthy breakfast.

Bread, cereal, or other grain	+	Fruit or Vegetable	+	Dairy or Protein or both
EXAMPLES:				
Oatmeal	+	Applesauce	+	1% or Nonfat Milk
Whole Grain Waffle	+	Sliced Strawberries	+	Lowfat Yogurt
Whole Grain Tortilla	+	Tomatoes	+	WIC Beans & Lowfat Cheese
Brown Rice	+	Vegetables	+	Egg
Dry WIC Cereal	+	Raisins	+	Peanuts
Pizza topped with	+	Vegetables	+	Lowfat Cheese

Best Baked Breakfast Cereal

Serves 4-6

Preheat oven to 350 degrees

- 2 cups old fashioned oatmeal
- 1 apple, peeled and shredded
- ½ cup chopped walnuts
- ¾ cup raisins or other dried fruit like apricots or cherries (chopped)
- 2 cups 1% or nonfat milk
- ½ cup brown sugar
- 2 Tbsps. butter, melted
- ½ tsp salt
- 1 tsp. cinnamon

Mix all ingredients together and place in 8 x 8 pan. Bake at 350 degrees in oven until all liquid is absorbed – about 35-40 minutes. This recipe works well to refrigerate and warm up the next day.

Serve hot cereal with milk.

Be smart about fast foods.

When you make healthier choices at fast food restaurants you add more nutritious foods to your day and save calories. Try these smart choices:

- Grilled chicken or grilled chicken strips
- Turkey or roast beef sub sandwich
- Regular size hamburger, without mayo or cheese
- Veggie burger with grilled onions and mushrooms
- Main dish salad or side salad (dressing on the side)
- Pizza topped with green peppers, tomatoes, and mushrooms
- Baked potato with vegetable and cheese toppings
- Bean burrito
- Egg on an English muffin
- Fruit
- Water, 1% or nonfat milk, or 100% juice

Tips: Making Foods at Home Fast!

Even on busy days moms say with a little planning they can make foods at home that are healthier, easier, and cheaper than going out for fast food. These are tips from other moms:

- "I look for items at the store that are easy to prepare, like canned beans for quick chili, bagged vegetables and salads, and even frozen pizza with added fresh veggies make quick meals."
- "I use the weekend to cook. I put leftovers in the fridge or the freezer. Sometimes I cook ground beef or turkey and freeze it in meal-sized portions. We pull these out for taco or spaghetti night!"

Be Healthy

Folic Acid

What if you could eat something every day that was inexpensive, safe, and easy that protects your health? What if it also helped to protect your future babies from birth defects? Would you want it?

This protection comes from folic acid, a B vitamin. Every cell in your body needs folic acid. Studies show folic acid might also protect you from a heart attack, stroke, and cancer.

Folic acid helps protect your unborn baby's spine and brain from birth defects. However, the protection needs to begin *before* you become pregnant. Women become pregnant often without planning it. Get in 400 micrograms of folic acid every day by:

**** It's recommended to get at least 400 mcg of folic acid every day.

- Taking a multi-vitamin
- Eating one serving of WIC cereal
- Eating fortified or enriched grain products
- Eating healthy foods like
  - green vegetables, such as spinach or kale
  - cooked dried beans, fruits, and whole grains

- "I like to sit down and plan at least one week of meals before I shop. I try to include everyone's favorites when I make my plan."
- "When we have to make dinner on the run, I remind myself that peanut butter and jelly sandwiches with a glass of milk is something we all like – and it's better for us than stopping at the drive-through."

Be active whenever you can.

Being active even 10 minutes three times a day can:

- Give you more energy
- Lower stress and help you relax
- Work off your pregnancy weight
- Tone your muscles
- Help you feel great

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 a stroller or a front pack and walk. Walk at the mall, school, or community center. Ask your friends or family to join you.

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.
- Take the stairs instead of the escalator or elevator.
- Park the car farther away when you can.

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.
- **What food can you change?**
  Example: Use fat-free salad dressing.
- **What can you do to be more active?**
  Example: Take the stairs, not the elevator.

Small Changes and Healthy Choices Add Up to a Healthier You!

A common question new moms ask is: "How can I feel good and lose the baby-weight after delivery?" If you're a mom who has this question, there's good news! Studies show small changes can make a big difference in helping you feel good, have more energy, and lose weight too. Here's tips moms have shared that worked for them:

- **Don't eat food directly from the package** - portion out foods, like crackers, nuts, trail mix, pretzels, cheese cubes, etc… into individual containers or zip-top bags. Better yet, put vegetables in a container for quick healthy snacks without all the calories.
- **Leave some food in the kitchen at mealtimes** - serve lower calorie vegetables and salads family-style at the table and serve the main dish in the kitchen.
- **Stop eating when you feel full** – remind yourself that it's OK to stop eating before your plate is empty or before everyone is done eating.
- **Watch your portions** – use smaller plates and put less on your plate. Studies show we eat more when there's more to eat.
- **Cut back on some foods** – cut calories by cutting out foods high in fats and added sugar. Decide to choose sweet drinks, cookies, cakes, candies, and ice-cream as occasional treats. Limit meats like ribs, bacon, and hot-dogs.
- **Cook at home** – try healthier recipes that use less fat, sugar, and salt.
- **Drink water** – keep water with you throughout the day. Sipping water can help fill you up so you don't eat as much.

Eating healthy is only one part of feeling great and having more energy — being active helps too. Staying active helps new moms relieve stress — and having a new baby can be stressful! Ask your doctor when it's OK to exercise and then start out slow. Refer to "Be Active" page 11. For a personal daily food plan, visit **ChooseMyPlate.gov**.

Understanding Your Baby's Cues

Hunger

When your baby is hungry he may:

- Keep his hands near his mouth
- Move his arms and legs
- Make sucking noises
- Pucker his lips
- Search for the nipple (root)

Fullness

When your baby is full he may:

- Suck slower or stop sucking
- Relax his hands and arms
- Turn away from the nipple
- Push away
- Fall asleep

What your newborn is saying

I Need Something to Be Different

As you get to know your baby, you will begin to recognize what he is trying to tell you. Learning how your baby communicates with you takes time. When your baby needs a break from playing and learning, or needs some quiet time, he may:

- Look away, turn away, or arch his back
- Frown or have a glazed look in his eyes
- Stiffen his hands, arms or legs
- Yawn or fall asleep

I Want to Be Near You

As your newborn gets older, you will be better able to tell when he is ready to interact, learn, or play. When your baby is asking you to help him learn more about you and his new world, he may:

- Have a relaxed face and body
- Follow your voice and face
- Reach toward you
- Stare at your face
- Raise his head

Feeding is a special time with your

Pay attention to your baby's cues and feed when she is awake and calm and before she begins to cry. Your baby is learning to trust you will feed her when she is hungry. Don't worry about spoiling her. You can't spoil a tiny baby.

For breastfeeding moms:

Ask your WIC staff about:

- Breastfeeding as soon as you have questions
- Choosing birth control that supports your breastfeeding goals
- Working and breastfeeding
- Your breastfeeding rights under the law
- Having a peer counselor
- For more information about breastfeeding visit: womenshealth.gov/breastfeeding

baby!

You can feel proud of the care you are giving when you let her eat her way. Keep the feeding at her pace. Let her tell you when she's finished. You are responsible for the ***what*** of feeding – breastmilk or formula and your baby is responsible for everything else – ***when, how much, how fast.***

For formula feeding moms:

The choice to formula feed your baby may or may not have been an easy decision for you. Either way, your new baby needs your help to do well with eating.

- Just like when following a recipe, mixing ingredients correctly is important. It's the same for mixing formula! Your baby needs you to follow mixing directions on the can.
- If others care for your baby, be sure they know how to correctly mix and prepare the formula.
- Throw away formula left in the bottle after a feeding. Baby's saliva has bacteria that gets into the formula; it can make your baby sick when you use the left-over formula to feed later. If you prepare bottles ahead, store them in a refrigerator until you're ready to feed your baby. Prepare just enough for 24 hours.
- Formula heated in a microwave can be harmful to your baby; the temperature can be hotter than you think it is. Warm the bottle in hot water.
- Your baby only needs formula in the bottle; never sweetened drinks.
- It's normal for your baby to have times she wants to eat more; usually during growth spurts.

Hold me when you feed me a bottle. I love to see your face. Propping my bottle can lead me to choke and I can even get ear infections.

Signs of Postpartum Depression

Any of these feelings that last more than two weeks are signs of depression:

- 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 life
- Don't care about your baby
- Feel like you could hurt yourself or your baby
- Afraid to be alone with your baby
- Worry too much about your baby

Postpartum Depression

If you think you might have postpartum depression or PPD get help by calling 1-800-944-4773 or visiting Postpartum Support International at postpartum.net/Get-Help.aspx.

If you have thoughts of harming yourself or your baby, get immediate help by calling 1-800-273-TALK (1-800-273-8255).

If your problems seem to be too much, call the Crisis Line at 1-866-4-CRISIS (1-866-427-4747).

Keep you and your baby safe.

Stay away from all smoke. There's no safe level of exposure for your baby. All forms of smoke are harmful. For a healthier baby and a healthier you, choose to be free from tobacco, e-cigarettes, marijuana, and smoke.

Set a "NO SMOKING" rule for your home. Don't let people smoke around your baby.

Tobacco

- Cigarettes and other forms of tobacco are dangerous to the health of everyone. Nicotine from tobacco passes through breastmilk.
- Secondhand smoke and smoking while feeding your baby exposes baby to nicotine and other harmful chemicals.

Keep smoke outside the home and car.

E-cigarettes

- Most e-cigarettes contain nicotine and other harmful chemicals.
- Don't use e-cigarettes or allow others to use e-cigarettes around your baby.

Marijuana (medical and recreational)

- Any kind of smoke is a health risk.
- The active ingredient in marijuana (THC) passes through breastmilk. To learn more: learnaboutmarijuanawa.org

Stay away from alcohol and street drugs.
If you need help, talk with your doctor or call 211 the Washington HelpLine, or visit win211.org

Never leave your child with people who are drinking or using drugs.

For more information:

If you smoke, get help to quit. Talk with your doctor or call the Washington State Quitline at 1-800-QUIT-NOW (1-800-784-8669) or visit SmokeFreeWashington.com

Struggling with substance use? See *Substance Free for My Baby*: here.doh.wa.gov/materials/substance-free-for-my-baby

A Final Note to Mom

With all there is to do in a day, how do you find time for yourself? To take care of others, you have to take care of you. Here are some tips for finding time for you in your day.

Enjoy your new baby and 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.
- Connect and talk with a friend.

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.

Remember you're not alone; there are lots of moms just like you with the same struggles and demands. You'll find joy ahead as your relationship grows with your new baby and you learn about each other. Enjoy this time together!

Washington State Department of Health

Washington State WIC Nutrition Program

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