



# Tips for a Healthy You: After Delivery

**Eat healthy and be active • Take your folic acid  
Keep breastfeeding your baby • Get to a healthy weight**



## 1. Eat the right foods

Mark an up ↑ or down ↓ in the □ next to any food group you feel you need to eat more (↑) or less (↓). If you feel you are eating enough from any of the food groups draw a ☺ next to that food group.

Grains □	Vegetables □	Fruits □	Milk □	Meats & Beans □	Extras □
6 ounces	2 1/2 cups	2 cups	3 cups	5 1/2 ounces	Limit these Foods
<b>MAKE HALF YOUR GRAINS WHOLE</b> Bread, pita, tortilla Pasta, noodles Rice Cereals  <i>Choose foods with "whole grain or whole wheat" first in the ingredient list. This will add fiber, antioxidants and minerals.</i>	<b>VARY YOUR VEGGIES</b> Fresh Frozen Canned  <i>Eat more dark-green, red and orange vegetables and cooked dry beans.</i>	<b>EAT A VARIETY OF FRUITS</b> Fresh Frozen Canned  <i>Go easy on fruit juices.</i>	<b>GET YOUR CALCIUM-RICH FOODS</b> Milk Cheese Yogurt Soymilk  <i>Try low-fat or fat free.  Low-fat milk offers the same calcium as whole milk!</i>	<b>GO LEAN WITH PROTEIN</b> Beef and pork Poultry Seafood (eat a variety) Beans and peas Nuts or peanut butter Eggs Soy products  <i>These are good sources of iron and protein. For leaner choices, try meats with "round" or "loin" in the name, 90% lean and remove skin or fat from meats.</i>	<b>FOODS HIGH IN FATS, SUGARS AND SODIUM</b> Soda Candy Cookies/cakes Butter Mayonnaise Fried foods  <i>Limit extras to 1 or 2 a day or about 265 calories a day.  Use oil to replace solid fat.</i>

\* Choose drinks that won't weigh you down, like water or unsweetened ice tea. While you are breastfeeding, your need for fluids increases. You may notice that you are thirstier than before. Drink enough water and other fluids to quench your thirst.

Amounts listed are for an average 2000 calorie diet, you may need to eat more or less. When you are breastfeeding, you have a higher need for some vitamins and minerals. For more information and to develop a plan just for you, go to [www.choosemyplate.gov](http://www.choosemyplate.gov)

## 2. Live a healthy lifestyle (color in the bubbles you would like to learn more about or write in your own idea)

**PLAN** when you want to have another baby. Use a reliable form of birth control until you're ready.

**SCHEDULE** a doctor/dental visit every year.

**HAVE FUN!**  
Learn to lower your stress.

The sooner you quit smoking or using drugs the healthier you will be!

**DO** something active every day. Try at least 30 minutes most days of the week.

Avoid exposure to chemicals and other harmful substances.

**EAT** the right foods.

Get to a healthy weight.

**TAKE** a vitamin supplement that has at least 400 micrograms of folic acid every day.

## 3. Move toward a healthier weight

Being at a healthy weight is important if you become pregnant again. If you are significantly overweight, you increase your risk of developing many health problems. To reach a healthy weight for you, follow the advice above and in addition:

- 1) Keep breastfeeding your baby. If you exclusively breastfeed for more than 3 months you lose more weight than if you don't.
- 2) Focus on how much you eat. Watch your portion sizes!
- 3) Don't skip meals and eat a healthy breakfast every day (include whole grains, fruit, and low fat dairy or lean meat).
- 4) Keep a notebook to track your progress. Write down what you eat and drink and when you are active.
- 5) Identify a support system, for example a friend or family member who will help you reach your goals.

### My goals for staying healthy after I deliver: I will...

- |  |   |
|--|---|
| <input type="checkbox"/> Learn what and how much to eat from each food group: Eat more _____; Eat less _____ | <input type="checkbox"/> Continue to breastfeed my baby       |
| <input type="checkbox"/> Plan my next baby   | <input type="checkbox"/> Keep a notebook to track my progress |
| <input type="checkbox"/> Take a multivitamin every day   | <input type="checkbox"/> Other _____                          |
| <input type="checkbox"/> Be active every day   |   |

Would you like to speak to a nutritionist or breastfeeding counselor today? Yes \_\_\_\_\_ or No \_\_\_\_\_

Programs, activities and employment opportunities in the Illinois Department of Human Services are open and accessible to any individual or group without regard to age, sex, race, sexual orientation, disability, ethnic origin or religion. The department is an equal opportunity employer and practices affirmative action and reasonable accommodation programs.