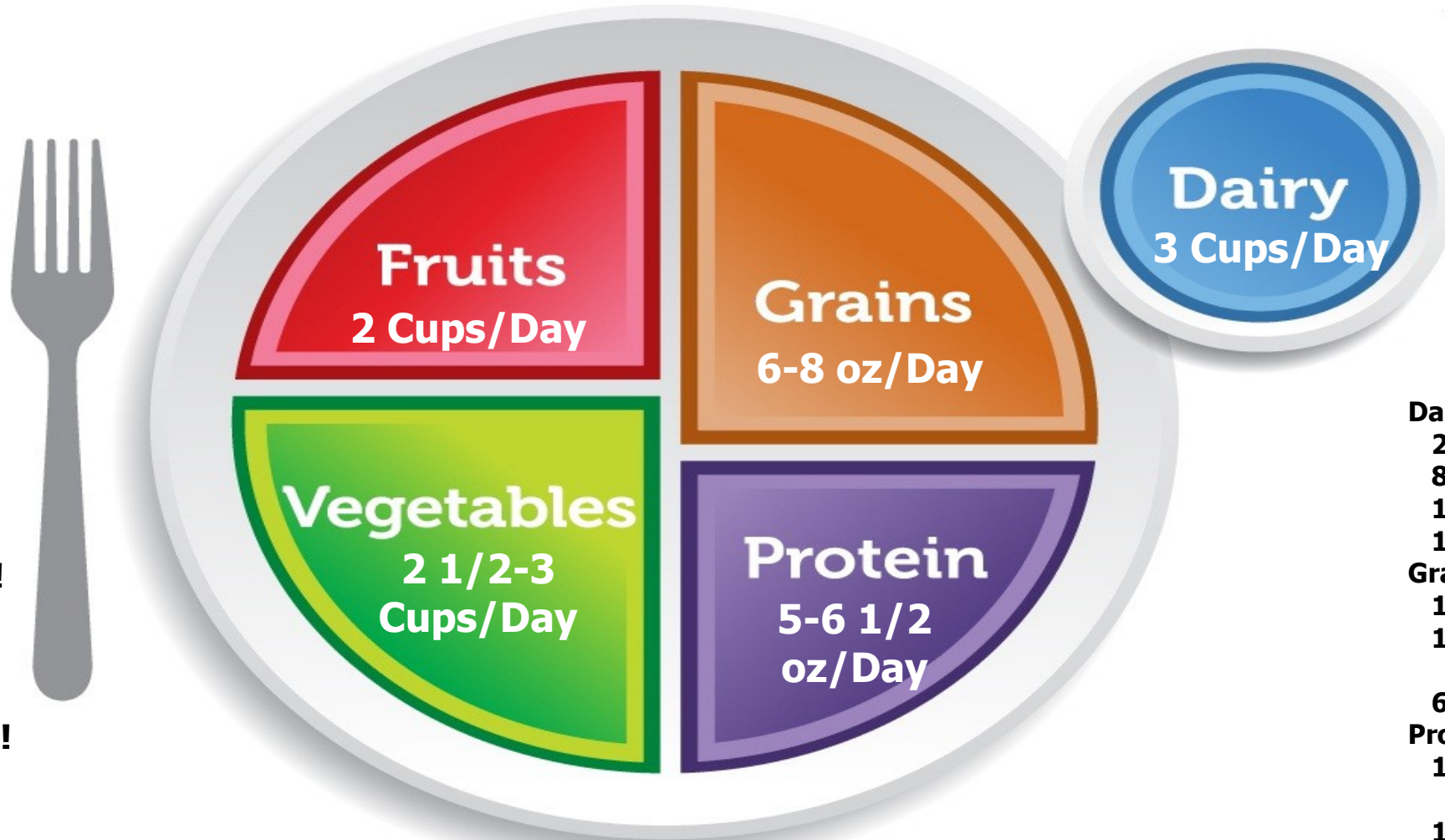


Woman



Vary Your Veggies!

Focus on Fruits!

Half Your Grains Whole!

Go Lean With Protein!

Get Calcium-Rich Foods!

Serving Sizes

Dairy

- 2 cups cottage cheese
- 8 oz yogurt
- 1 1/2 oz cheese
- 1 cup milk

Grains:

- 1 slice bread
- 1/2 cup rice, pasta,
or oatmeal
- 6 inch tortilla

Protein

- 1 oz meat, poultry
or fish
- 1/4 cup dry beans
- 1 Tbsp peanut butter
- 1 egg
- 1/2 oz nuts
- 1/4 cup tofu

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Weight

- It is wise to wait until the baby is at least two months old before making a specific effort to lose weight. A woman's body needs about this much time to recover from the birth.
- Do try to remember that your pregnancy weight wasn't gained overnight so it won't disappear that quickly, either.
- In our day-to-day lives, most of us have food habits that are not "ideal", but are still good enough to ensure that we have a sufficient quantity of the right kinds of food.

Postpartum Depression

- Can occur up to a year after delivery
- Feelings of anxiety, tearfulness, and irritation are common in the week or two after delivery. Commonly called "Baby Blues"
- Can be caused by:
 - Changes in hormone levels
 - Changes in work/social relationships
 - Having less time and freedom for yourself
 - Lack of sleep

Symptoms

- Agitation or irritability
- Changes in appetite or trouble sleeping
- Feelings of worthlessness or guilt
- Feeling withdrawn or unconnected
- Lack of pleasure or interest in most or all activities
- Negative feelings toward baby
- Thoughts of death or suicide

Treatment

- Call health care provider
- Ask partner, friends, and family for help with the baby or home
- Don't make any major life changes during pregnancy or right after birth
- Don't try to do too much, or to be perfect
- Make time to go out and visit friends/family
- Don't hide feelings. Talk to someone.

Be Aware

- Smoking and second hand smoke can harm you and your baby.
 - Babies can get more ear infections, sinus infections, colds and pneumonia
 - Babies can be more prone to asthma and breathing problems
 - Increases the risk of SIDs in babies
 - Increases risk of gum disease, tooth decay, ulcers, high blood pressure, heart attacks and strokes in women who smoke
 - Damages DNA which can lead to cancer
 - Decreases fertility in women, possibly causing miscarriage or premature delivery
 - Women who take birth control have an increase risk in strokes if they smoke
- If you drink alcoholic beverages, do so in moderation. Moderation is no more than one drink per day. One drink is defined as:
 - 12 oz beer
 - 5 oz of wine
 - 12 oz wine cooler
 - 1 1/2 liquor (a shot)

Information from La Leche League International.

Ask your health care provider if you have any problems or questions and always check with your provider before taking any medicine or changing your exercise plan.



1-800-433-4298
<http://wic.mt.gov>



U.S. Department of Agriculture Center for Nutrition Policy and Promotion
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