



Stay Healthy & Connected with WIC After Delivery

Are you eating well for you and your family?

- You will recover from pregnancy and delivery quicker.
- You will have the energy to care for your little one(s).
- You will be physically ready for your next pregnancy.

1. Eat a variety of healthy foods.

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

Grains <input type="checkbox"/>	Vegetables <input type="checkbox"/>	Fruits <input type="checkbox"/>	Dairy <input type="checkbox"/>	Proteins <input type="checkbox"/>	Extras <input type="checkbox"/> To Limit or Avoid
<p>Bread, pita, tortilla Pasta, noodles, rice Cereals</p> <p>Power Choices:</p> <ul style="list-style-type: none"> • Whole wheat bread, buns, or pasta • Corn tortillas • Oatmeal • Brown Rice • Bulgur <p><i>Choose foods with "whole grain or whole wheat" first in the ingredient list. This will add fiber, antioxidants, and minerals</i></p>	<p>Fresh Frozen Canned</p> <p>Power Choices</p> <ul style="list-style-type: none"> • Asparagus • Broccoli • Spinach • Carrots • Sweet Potato • Tomato • Squash <p><i>Eat more dark-green, red and orange vegetables and fruits to add more vitamins and minerals.</i></p>	<p>Fresh Frozen Canned</p> <p>Power Choices</p> <ul style="list-style-type: none"> • Strawberries • Kiwi • Apricots • Cantaloupe • Oranges • 100% Juice 	<p>Milk Cheese Yogurt Soy milk</p> <p>Power Choices</p> <ul style="list-style-type: none"> • Fat free • Low-fat <p><i>Low-fat milk offers the same calcium as whole milk!</i></p>	<p>Beef and pork Poultry Seafood (eat a variety) Beans and peas Nuts or peanut butter Eggs Tofu</p> <p><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></p>	<p>FOODS HIGH IN SUGAR, FAT, AND SODIUM</p> <p>Soda Candy Cookies/cakes Butter Mayonnaise Fried foods</p> <p><i>Limit extras to 1 or 2 a day or about 265 calories a day. Use oil to replace solid fat.</i></p>



* 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.

For more information and to develop a plan just for you, go to: www.choosemyplate.gov. For simple, healthy recipes that include WIC foods, visit WICHealth's eKitchen: www.wichealth.org.

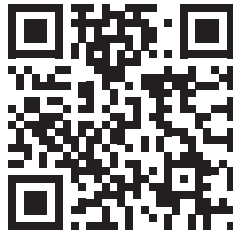
2. Scan the QR codes below, or ask your WIC Nutritionist for more information on these topics:

Plan my next pregnancy



<https://tinyurl.com/nextpreg>

Watch for "baby blues"



<http://tinyurl.com/whbabyblues>

Get to a healthy weight



<https://tinyurl.com/ppmact>

Continue breastfeeding



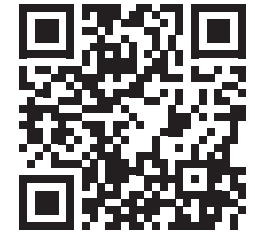
<https://tinyurl.com/wicbf101>

Avoid alcohol, drugs, and smoking



<https://tinyurl.com/25acrn99>

Stay current on immunizations



<http://tinyurl.com/whvaccines>

3. Continue taking a prenatal vitamin.

Continue your prenatal vitamin from pregnancy, or ask your doctor to refill your prescription if you have run out. Not all vitamins are the same. Ask your doctor or pharmacy, or look at the label of your vitamin container, to ensure your vitamin has at least the following:

Iron: 27mg	Helps make red blood cells to carry oxygen, support growth, and provide energy
Iodine: 150mcg	Supports proper growth and development
Folic acid: 400mcg	Prevents birth defects and other health problems



Talk to your WIC Nutritionist about which WIC foods also contain these important nutrients.

4. Set goals for staying healthy after delivery:

- Look back at Section 1 and think about WIC foods. Name two "go-to" meal or snack ideas to stay healthy after delivery:

1. _____ 2. _____

- Plan my next baby
- Take a multivitamin every day
- Be active every day
- Continue to breastfeed my baby

Remember ✓ WIC is here for you! WIC will check in with you throughout your postpartum certification period to support you and your baby's needs. ✓ Your baby can reapply for WIC until their 5th birthday, and you can reapply should you become pregnant again.

This institution is an equal opportunity provider.