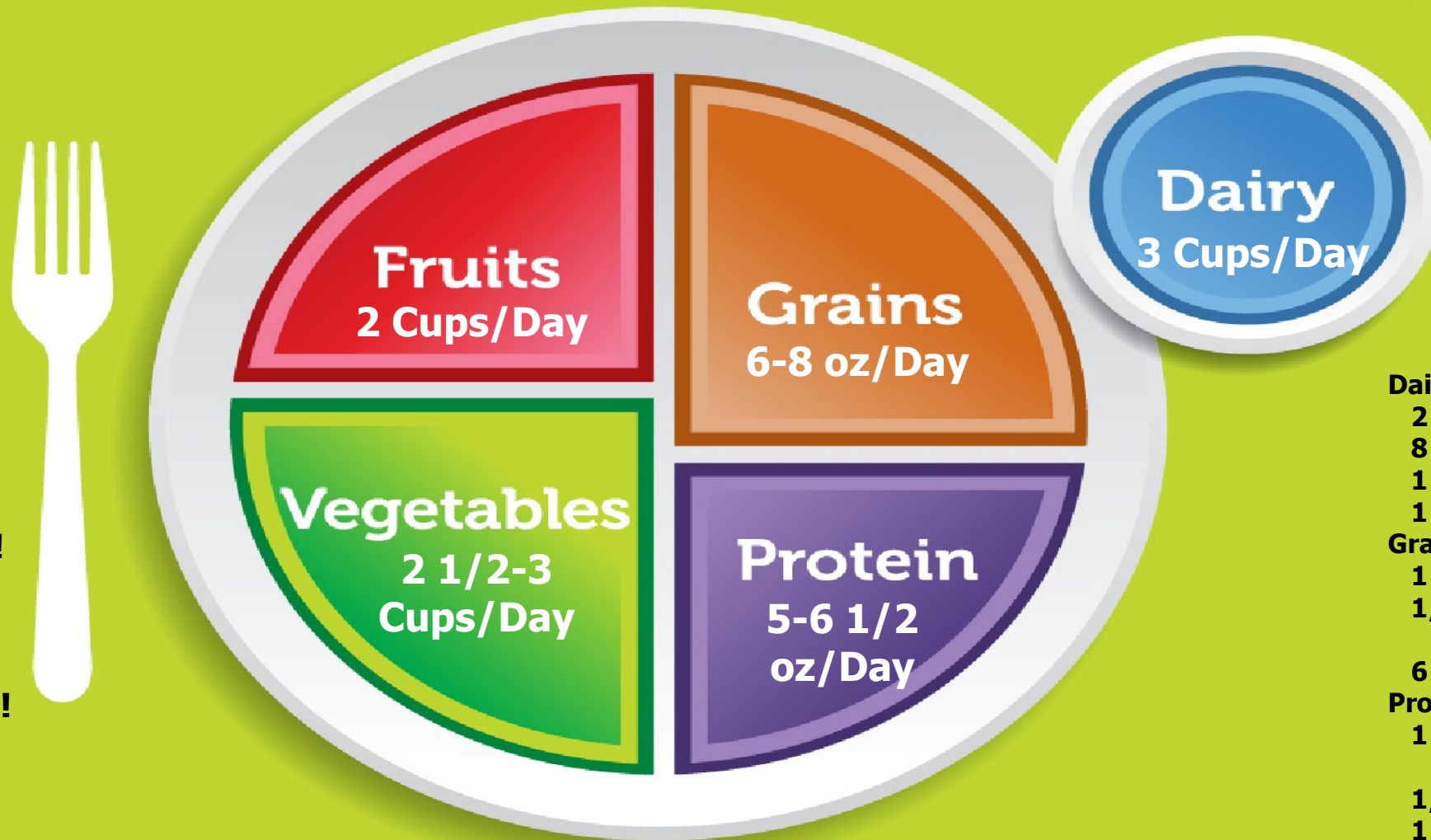


Breastfeeding



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 loose weight. A woman's body needs about this much time to recover from the birth and establish a good milk supply.
- 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- Feeling withdrawn or unconnected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.

Good Choices

Alcohol

- American Academy of Pediatrics Committee on Drugs considers alcohol compatible with breastfeeding. Reasonable alcohol intake should not be discouraged. Very little alcohol comes out in the milk and a mom can have some alcohol and continue to breastfeed as she normally does.

Caffeine

- A cup of coffee with a meal is OK, but don't over do it.
- Prohibiting caffeine or alcohol can make life unnecessarily restrictive for nursing mothers.

Diets

- If you have a family medical history of food allergies, it is worth being careful about you diet and avoiding known allergens during breastfeeding.
- Women who don't eat meat, but consume dairy or eggs usually do not have problems breastfeeding. When a diet does not contain any animal derived foods, vitamin B12 needs to be included in some way.

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.



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