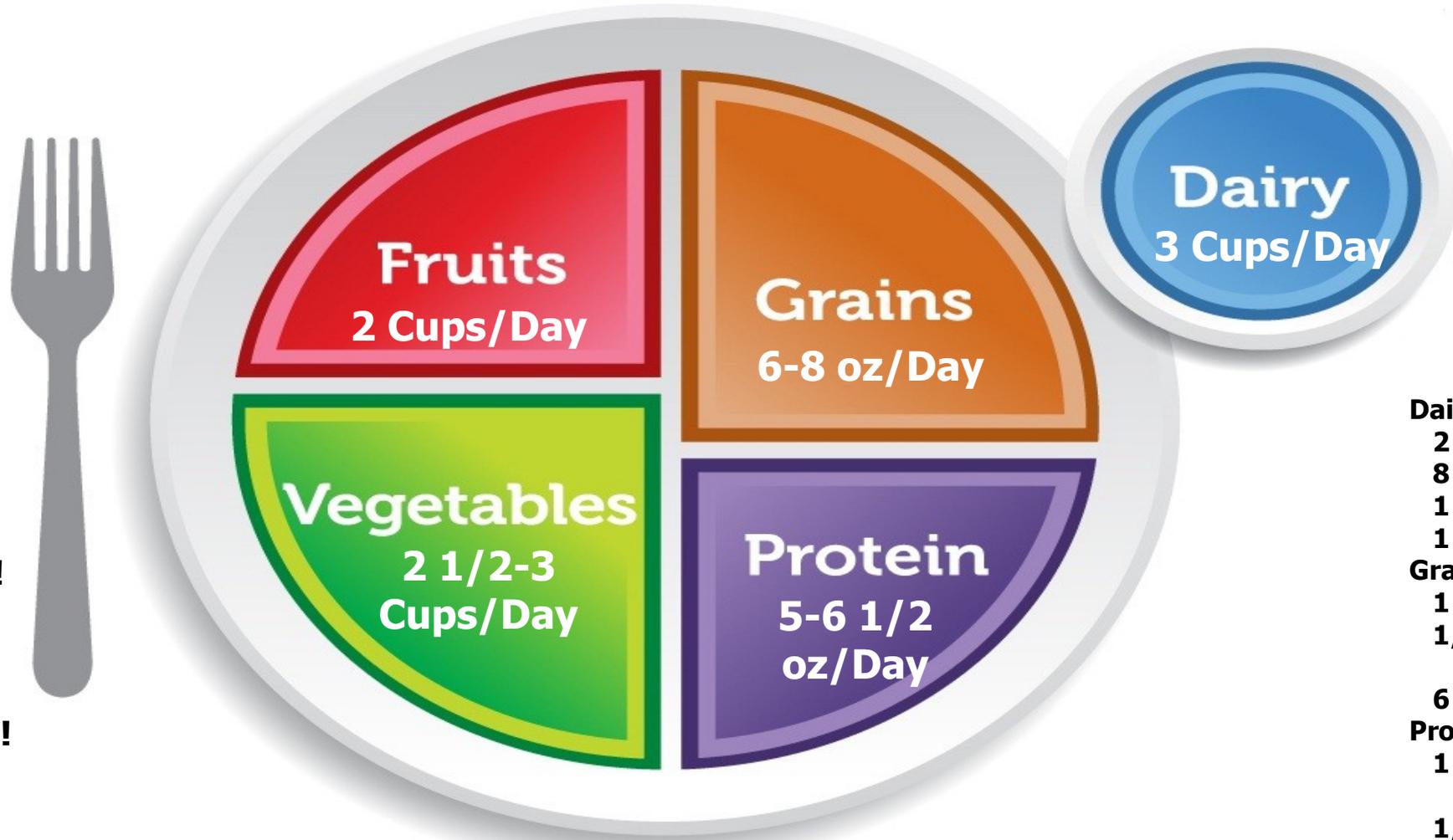


# Woman



**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- Feeling withdrawn or unconnected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.**



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