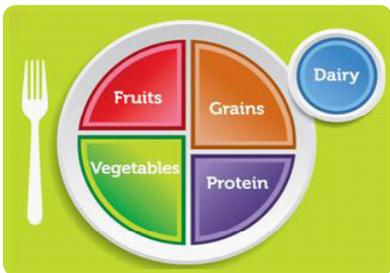


eat right. feel good!



Before you eat, think about what goes on your plate or in your cup or bowl.

MyPlate (to the left) illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal.

When choosing foods, try to fill your plate like this.

fruits & vegetables

Make half your plate fruits and vegetables.

- Any fruit or 100% fruit juice counts; fresh, canned, frozen or dried
- Any vegetable or 100% vegetable juice; raw or cooked; fresh, frozen, canned or dried/dehydrated; and may be whole, cut-up or mashed

grains

Make at least half of your grains whole grains. Switch to fat-free or low-fat (1%) milk.

- Wheat, rice, oats, cornmeal, barley or cereal grain; bread, pasta, oatmeal, breakfast cereals, tortillas, grits
- Fluid milk products and many foods made from milk; cheese, cottage cheese, yogurt or frozen yogurt, pudding or custard, ice cream

dairy

fats, oils & sweets

- It's okay to eat these foods once in a while

proteins

- Foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds; select a variety of protein foods to improve nutrient intake and health benefits

contact our WIC counselors ☎ (859) 288-2483



Find us on Facebook,
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www.lexingtonhealthdepartment.org

WIC is an equal opportunity program. Persons who believe they have been discriminated against because of race, color, national origin, sex, age or disability should write to the Secretary of Agriculture, USDA, Washington D.C. 20250.

Information adapted for use from the California WIC Program, California Department of Public Health.

*Congratulations
on your new baby!*



be a
healthy
mom

Take care of yourself, too!

how can I make time to eat healthy?



Keep quick snacks handy, like:

- Milk, juice, fresh fruit/vegetables, cheese and crackers, sandwiches, yogurt, cereal with milk, tortillas, canned beans, canned tuna/salmon, eggs, baked or sweet potatoes
- Ask a friend to help you with shopping or cooking, or to bring you a meal

- Ask your doctor if you should keep taking your prenatal vitamins

how can I lose weight and get back in shape?

Be easy on yourself and give it some time. The best way to lose weight is slowly (1 to 2 pounds per week).

- Eat healthy foods
- Talk to your doctor about when you can start exercising and what you can do, and then choose the physical activity you enjoy the most
- Walk with your baby

Breastfeeding your baby may help you lose weight, too.

what can I do if I have anemia?

Many new moms have anemia, or low iron blood. Anemia can make you feel tired and weak, and get sick easily.

Eat meats, beans and WIC cereals as often as you can to get the iron you need. If your doctor gives you iron pills, be sure to take them.

what can I do if I feel constipated?



- Eat lots of fruits, vegetables and beans
- Eat more whole grains like whole wheat bread, corn tortillas, oatmeal and bran cereals
- Drink lots of liquids, especially water (we need at least 8 cups of liquids every day, so drink whenever you're thirsty, especially if you're breastfeeding)

is it normal to feel depressed sometimes?

New moms may feel sad or upset because of:

- hormone changes in your body
- not enough sleep
- caring for your baby 24 hours a day
- the baby's crying
- missing your friends



It usually gets easier as your baby gets more settled. Ask your friends and family for help, and try to rest. Getting exercise can also help.

If you feel sad or upset for more than 2 weeks or you start feeling worse, you may have depression.

If you are finding it hard to take care of your baby, feel depressed or you feel like hurting your baby, get help immediately from your doctor or WIC counselor.

A new baby takes a lot of time and energy. Take care of yourself so you can be a healthy, happy mom.

how can I be a healthy mom?

Get a medical checkup for yourself 4 to 6 weeks after your baby is born

Ask your friends and family for help with the baby and housework. Tell them what you need.

Ask someone you trust to watch the baby sometimes so you can rest or do something nice for yourself.

Take a nap while your baby is napping, when you can.

Keep up the healthy habits you started while you were pregnant!

Keep your baby and yourself away from cigarette smoke.

Wait at least a year before getting pregnant again. Enjoy your new baby, and let your body recover. If you don't want to get pregnant now, choose a birth control method, and use it!

Protect yourself from HIV/AIDS and other sexually transmitted diseases, when you begin having sex again. Use condoms - they protect against diseases.

Talk to other moms. Other moms feel like you do, and you can get some good ideas.

Ask your doctor or WIC counselor for help with breastfeeding, losing weight, finding child care, being a good parent, feeling depressed and smoking, drinking or using drugs.

