



Be a Healthy Mom

A new baby brings a lot of joy, but caring for your baby takes a lot of time. You need to take care of yourself so that you can take care of your baby.

- Get a medical checkup for yourself four to six weeks after your baby is born.
 - Keep up the healthy habits you started while you were pregnant.
 - Take a nap while your baby is napping, or whenever you can.
 - Ask your family and friends for help with meals, housework and older children.
 - Keep your baby and yourself away from cigarette smoke.
 - Consider waiting a year before getting pregnant again.
- Enjoy your new baby, and let your body recover.

Now that my baby is born, does it matter what I eat?

Yes – eating healthy food helps you:

- Get your body back in shape
- Have more energy
- Feel better

Getting enough folic acid every day also helps keep you healthy. Folic acid is a vitamin that prevents birth defects in a baby's brain and spine. Most women need 400 micrograms every day. To get this much, take a vitamin or eat foods with folic acid, such as fortified cereal, orange juice, bread, dry/canned beans, dark green vegetables and peanuts.

I don't have time to eat healthy. What can I do?

Try to have quick snacks handy, such as milk, juice, fresh fruits, carrot sticks, cheese and crackers, peanut butter sandwiches, yogurt, cereal with milk, quesadillas, canned beans, tuna or salmon, eggs, frozen vegetables, and baked and sweet potatoes.

Ask a friend to help you with shopping, cooking, or to bring you a meal.

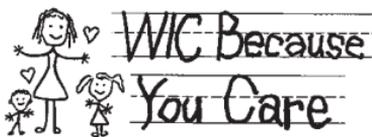
Finish taking your prenatal vitamins. Ask your doctor about a daily multivitamin.

I want to lose weight and get back in shape. How can I do it?

Give yourself some time. The best way to lose weight is slowly, about one or two pounds a week. Continue to eat healthy foods. Ask your doctor when you can start exercising and what activities you can do.

Being active with your family is a great way to burn calories. Try walking with your baby or taking your children to the park.

Physical activity of some kind every day will help you feel better and keep your heart and bones healthy.



North Dakota WIC Nutrition Program
North Dakota Department of Health
600 E. Boulevard Ave.
Bismarck, ND 58505-0200
800.472.2286

