

## WHY IS IT IMPORTANT TO EAT HEALTHY?

Eating healthy helps you get to a healthy weight<sup>1-2</sup>, and it helps prevent health problems, like anemia, diabetes, and some types of cancer.<sup>1-4</sup> To find your healthy weight, use the BMI chart in the Resource section. Eating healthy also helps your body make breast milk. You do not need to eat special foods to make higher-quality breast milk, but you do need to eat healthy.<sup>4</sup>

Research shows that after giving birth, you will lose approximately 8-12 pounds right away.<sup>6-8</sup> Gradual weight loss (1-2 pounds per week) is the safest way to lose weight and to keep it off, especially if you are breastfeeding.<sup>7</sup> Exclusive breastfeeding also helps moms lose up to 500 calories each day. Breastfeeding also helps your baby achieve a healthy weight.

Safe and healthy weight loss does not happen quickly. If you lose weight too fast, your body may not be getting enough nutrients to produce breast milk. If you had a c-section, eating protein, Vitamins C and D, Zinc, Calcium and Fiber will help you heal from surgery.<sup>12</sup>

Making small changes in the foods you eat can help you be healthy and lose the baby weight. To start eating healthy, let's discuss what "healthy" food is and how much you need:<sup>9-10,14</sup>

### TIPS

- Eating healthy will help your body produce breast milk.
- Try not to eat or drink foods high in added sugar, such as sodas or pastries.
- Losing 1-2 pounds per week is the safest way to lose weight and to keep it off, especially if you are breastfeeding

**GRAINS:** Eat 6-8 ounces daily, and try to make most of them whole grains. 3 ounces is equal to eating 3 slices of bread. Whole grains are foods that contain all essential nutrients of the entire grain seed. Whole grains have more fiber and keep you feeling fuller longer.

Common whole grain foods are brown rice, oats (oatmeal), grits, and whole wheat pasta and bread. See the "What are Healthy Carbs" lesson for more information.

**DAIRY:** Have 3 cups daily. 1 cup is equal to 8 ounces. Choose non-fat, 1% or 2% milk; fat-free and low-fat yogurt; part-skim, reduced fat, and fat-free cheese; low-fat and fat-free cottage cheese. For more information, if you are lactose-intolerant, or follow a vegan diet, read the "Calcium Needs After Pregnancy" and the "Vitamin D while Breastfeeding" lessons.

**PROTEIN:** Eat 6 ounces daily. That equals to drinking 2 cups of milk, and eating 2 cups of low-fat yogurt and 2 cooked eggs in one day. Read this handout for more information on what counts as 1 ounce of protein. ([choosemyplate.gov/printpages/MyPlateFoodGroups/ProteinFoods/food-groups.protein-foods-counts.pdf](http://choosemyplate.gov/printpages/MyPlateFoodGroups/ProteinFoods/food-groups.protein-foods-counts.pdf))

Choose beef and pork with trimmed fat; extra-lean ground beef; chicken & turkey without skin; tuna canned in water; fish and shellfish that is baked, broiled, steamed or grilled; beans and lentils; tofu. For more information read the “What are Healthy Proteins” lesson.

**VEGETABLES:** Eat 2½ - 3 cups daily. Choose fresh, frozen or canned vegetables. Eat red, yellow, orange, green, white, tan/brown, and blue/purple vegetables!

**FRUITS:** Eat 2 cups daily. You can choose fresh, frozen and dry fruit. If eating dry fruit, keep in mind that it is processed with added sugars, and that ½ cup of dry fruit is equal to 1 cup of raw fruit. Eat red, yellow, orange, green, white/tan, and blue/purple fruits!

Visit the *Fruits & Veggies More Matters* website for a complete list of colorful fruits and veggies ([fruitsandveggiesmorematters.org/fruit-and-veggie-color-list](http://fruitsandveggiesmorematters.org/fruit-and-veggie-color-list))

**OILS & FATS:** Aim for 16 grams daily. 1 teaspoon of canola oil has about 12 grams of healthy fat, and 24 whole almonds have 13-14 grams of healthy fat.<sup>11</sup>

Choose heart healthy oils, such as vegetable oil, olive oil, and canola oil. Other sources of healthy fats are avocados, peanut butter, salmon, and walnuts. For more information, see the “What are Healthy Fats” lesson.

**DRINKS:** Water - Aim for at least 9 cups of water. Other healthy drinks include fat-free, 1% & 2% milk, and unsweetened iced tea. To help flavor plain water, you can add a small splash of 100% fruit juice.

## **START FOLLOWING THESE HEALTHY TIPS TODAY:<sup>5,9-10</sup>**

1. Eat smaller portions or use smaller plates. Follow the My Plate Guidelines ([choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf](http://choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf)), and if you go out to eat, take half your meal home.
2. Eliminate added sugars. Cut back on foods with added sugar, like sodas, juice, and sports drinks.
3. Make half your plate fruits & vegetables.
4. Eat meals with less salt and less fat.
5. Prepare healthy meals. See our Healthy Recipes section for ideas on how to prepare quick and easy healthy meals.
6. Have more questions? Find a local Registered Dietician ([eatright.org/programs/rdnfinder/](http://eatright.org/programs/rdnfinder/)) or visit a Farmer’s Market in Los Angeles ([publichealth.lacounty.gov/nut/atd/ATD%20locations.htm](http://publichealth.lacounty.gov/nut/atd/ATD%20locations.htm)) to speak with a Registered Dietician. You can also ask your medical provider for a referral to see a Registered Dietician in your clinic.

## RESOURCES:

Refer to the Nutrient Needs after Pregnancy lesson

Refer to Social Determinants of Health – Eating Healthy on a Budget

### FIND YOUR HEALTHY WEIGHT

[cdc.gov/healthyweight/assessing/bmi/adult\\_bmi/english\\_bmi\\_calculator/bmi\\_calculator.html](https://cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html)

### WHOA, SLOW AND GO FOODS

[he.k-state.edu/fnp/program-management/resources/graphics-lab-materials/go-slow-whoa/go-slow-whoa-handouts/Go\\_Slow\\_Whoa\\_Handout%20.pdf](https://he.k-state.edu/fnp/program-management/resources/graphics-lab-materials/go-slow-whoa/go-slow-whoa-handouts/Go_Slow_Whoa_Handout%20.pdf)

### MOM'S GUIDE TO A HEALTHY PANTRY

[webmd.com/parenting/family-health-12/healthy-food-pantry-refrigerator?page=1](https://webmd.com/parenting/family-health-12/healthy-food-pantry-refrigerator?page=1)

### CHOOSE MY PLATE

[choosemyplate.gov/pregnancy-breastfeeding.html](https://choosemyplate.gov/pregnancy-breastfeeding.html)

### LOSING WEIGHT THE HEALTHY WAY

[cdc.gov/healthyweight/losing\\_weight/eating\\_habits.html](https://cdc.gov/healthyweight/losing_weight/eating_habits.html)

### CHOOSE HEALTH LA

[choosehealthla.com](https://choosehealthla.com)

### HEALTHY MEALS START WITH PLANNING

[mayoclinic.org/healthy-living/nutrition-and-healthy-eating/multimedia/healthy-meals/sls-20076445?s=2&footprints=mine](https://mayoclinic.org/healthy-living/nutrition-and-healthy-eating/multimedia/healthy-meals/sls-20076445?s=2&footprints=mine)

### WHAT TO EXPECT, LOSING THE BABY WEIGHT

[whattoexpect.com/first-year/losing-baby-weight](https://whattoexpect.com/first-year/losing-baby-weight)

### LEARNING ABOUT CALORIES

[kidshealth.org/kid/nutrition/food/calorie.html](https://kidshealth.org/kid/nutrition/food/calorie.html)

### POSTPARTUM NUTRITION GUIDELINES

[health.howstuffworks.com/pregnancy-and-parenting/pregnancy/postpartum-care/postpartum-nutrition-guidelines-ga.htm](https://health.howstuffworks.com/pregnancy-and-parenting/pregnancy/postpartum-care/postpartum-nutrition-guidelines-ga.htm)

## VIDEOS:

### BREASTFEEDING AND YOUR DIET

[youtube.com/watch?v=G6DFbCR3dk8&feature=youtube\\_gdata\\_player](https://youtube.com/watch?v=G6DFbCR3dk8&feature=youtube_gdata_player)

### NUTRITION - WHY IS IT IMPORTANT?

[youtube.com/watch?v=OSYyxCmOyvo](https://youtube.com/watch?v=OSYyxCmOyvo)

### FRUIT & VEGIES MORE MATTERS - HEALTHY EATING VIDEOS

[fruitsandveggiesmorematters.org/video/VideoCenter.php#show\\_the\\_video\\_result](https://fruitsandveggiesmorematters.org/video/VideoCenter.php#show_the_video_result)

## APPS:

### FOODUCATE

[itunes.apple.com/us/app/fooducate/id398436747?mt=8](https://itunes.apple.com/us/app/fooducate/id398436747?mt=8)

### EATLY

[play.google.com/store/apps/details?id=si.simplabs.goodchoice](https://play.google.com/store/apps/details?id=si.simplabs.goodchoice)

## BLOGS:

### BUILD YOUR OWN "HEALTHY" PANTRY

[nutritionstripped.com/pantry/](http://nutritionstripped.com/pantry/)

[everydayfamily.com/best-foods-for-new-mothers/](http://everydayfamily.com/best-foods-for-new-mothers/)

[babycenter.com/0\\_diet-for-a-healthy-breastfeeding-mom\\_3565.bc](http://babycenter.com/0_diet-for-a-healthy-breastfeeding-mom_3565.bc)

### EMEALS

[itunes.apple.com/us/app/emeals-meal-planning-grocery/id575756462?mt=8](https://itunes.apple.com/us/app/emeals-meal-planning-grocery/id575756462?mt=8)

### CALORIE COUNTER

[play.google.com/store/apps/details?id=com.fatsecret.android&hl=en](https://play.google.com/store/apps/details?id=com.fatsecret.android&hl=en)

[curvygirlhealth.com/about-cgh/](http://curvygirlhealth.com/about-cgh/)

[dsm.com/campaigns/talkingnutrition/en\\_US/talkingnutrition-dsm-com.html](http://dsm.com/campaigns/talkingnutrition/en_US/talkingnutrition-dsm-com.html)

[babycenter.com/postpartum-nutrition](http://babycenter.com/postpartum-nutrition)

[babycenter.com/body-changes-after-childbirth](http://babycenter.com/body-changes-after-childbirth)

## REFERENCES

1. Mamun, A., Kinarivala, M., Callaghan, M., Williams, G., Najman, J., Callaway, L. (2010). Associations of Excess Weight Gain during Pregnancy with Long-Term Maternal Overweight and Obesity: Evidence from 21 y Postpartum Follow-up. *American Journal of Clinical Nutrition*; 91:1336-1341.
2. Rooney BL, Schaubberger CW, Mathiason MA. (2005). Impact of Perinatal Weight Change on Long-term Obesity and Obesity-related Illnesses. *Obstet Gynecol*; 106:1349-1356.
3. Riley, L. & Nelson, S. (2006). *You & Your Baby: Healthy Eating During Pregnancy*. Des Moines, Iowa: Meredith Books.
4. Lauwers, J. and Swisher, A. (2011). *Counseling the Nursing Mother: A Lactation Consultant's Guide*. 5th Ed. Jones & Bartlett Learning. Sudbury, MA.
5. *Dietary Guidelines for Americans*. (2010). U.S Department of Agriculture and U.S Department of Health and Human Services. 7th Ed. Washington D.C. Retrieved from <http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>
6. B Rasmussen, K. & Yakine, A. (2009). *Weight Gain During Pregnancy: Reexamining the Guidelines*. Composition and Components of Gestational Weight Gain: Physiology and Metabolism. Institute of Medicine and National Research Council. National Academy of Sciences, Washington D.C.
7. MayoClinic (2012). *Weight Loss after Pregnancy: Reclaiming your Body*. Retrieved from <http://www.mayoclinic.org/weight-loss-after-pregnancy/art-20047813?pg=1>
8. WebMD. (2014). *Gain Weight Safely During Your Pregnancy*. Retrieved from <http://www.webmd.com/baby/guide/healthy-weight-gain?page=2>
9. U.S. National Heart, Lung, and Blood Institute, National Institutes of Health. *Choosing foods for your family*. Retrieved from <http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/choosing-foods.htm>
10. U.S. Department of Agriculture. *Tips for Breastfeeding Moms*. Retrieved from <http://www.nal.usda.gov/wicworks/Topics/BreastfeedingFactSheet.pdf>
11. American Heart Association. *Know your fats*. Retrieved from [http://www.heart.org/HEARTORG/Conditions/Cholesterol/PreventionTreatmentofHighCholesterol/Know-Your-Fats\\_UCM\\_305628\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/Cholesterol/PreventionTreatmentofHighCholesterol/Know-Your-Fats_UCM_305628_Article.jsp)
12. Academy of Nutrition and Dietetics. *Eating for strength and recovery*. Retrieved from <http://www.eatright.org/Public/content.aspx?id=6442478898>
13. WebMD. *Weight loss & diet plans: serving size*. Retrieved from <http://www.webmd.com/diet/serving-size>
14. American Academy of Dietetics. *Women: Get nutrients while cutting calories*. Retrieved from <http://www.eatright.org/Public/content.aspx?id=10932>