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WHY IS IT IMPORTANT TO EAT HEALTHY?

Eating healthy helps you get to a healthy weight,¹⁻² and it helps prevent health problems, like anemia, diabetes, and some types of cancer.¹⁻⁴ 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.⁴

Research shows that after giving birth, you will lose approximately 8-12 pounds right away.⁶⁻⁸ 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.⁷ 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.¹²

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.^{9-10,14}

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)

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)

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.¹¹

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:^{5,9-10}

1. Eat smaller portions or use smaller plates. Follow the My Plate Guidelines (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/) or visit a Farmer’s Market in Los Angeles (<http://www.laalmanac.com/agriculture/ag00.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.

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

WHOA, SLOW AND GO FOODS

<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/choosing-foods.htm>

MOM'S GUIDE TO A HEALTHY PANTRY

webmd.com/parenting/family-health-12/healthy-food-pantry-refrigerator?page=1

CHOOSE MY PLATE

choosemyplate.gov/pregnancy-breastfeeding.html

LOSING WEIGHT THE HEALTHY WAY

cdc.gov/healthyweight/losing_weight/eating_habits.html

CHOOSE HEALTH LA

choosehealthla.com

HEALTHY MEALS START WITH PLANNING

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

LEARNING ABOUT CALORIES

kidshealth.org/kid/nutrition/food/calorie.html

POSTPARTUM NUTRITION GUIDELINES

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

NUTRITION - WHY IS IT IMPORTANT?

youtube.com/watch?v=OSYyxCmOyvo

FRUIT & VEGIES MORE MATTERS - HEALTHY EATING VIDEOS

fruitsandveggiesmorematters.org/video/VideoCenter.php#show_the_video_result

APPS:

FOODUCATE

itunes.apple.com/us/app/fooducate/id398436747?mt=8

EMEALS

itunes.apple.com/us/app/emeals-meal-planning-grocery/id575756462?mt=8

BLOGS:

BUILD YOUR OWN "HEALTHY" PANTRY

nutritionstripped.com/pantry/

everydayfamily.com/best-foods-for-new-mothers/

babycenter.com/0_diet-for-a-healthy-breastfeeding-mom_3565.bc

CALORIE COUNTER

play.google.com/store/apps/details?id=com.fatsecret.android&hl=en

curvygirlhealth.com/about-cgh/

dsm.com/campaigns/talkingnutrition/en_US/talkingnutrition-dsm-com.html

babycenter.com/postpartum-nutrition

babycenter.com/body-changes-after-childbirth

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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
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>

HEALTHY CARBOHYDRATES

Carbohydrates (carbs) provide your body with the glucose it needs to function properly. Your body can use glucose right away or store it in your liver and muscles to use when it is needed.¹⁻² Eating healthy carbohydrates can help lower your risk of developing chronic diseases, such as heart disease, diabetes and high blood pressure. Eating healthy carbohydrates can help you lose the baby weight.¹ Women should also have 400-500 micrograms per day of folic acid after having a baby to prevent iron deficiency.⁹ Many healthy carbohydrate foods are fortified with folic acid.

TIPS

- Eating healthy carbohydrates can help lower your risk of developing chronic diseases.
- Women should have at least 25 grams per day of high fiber foods – that equals about 3 slices of whole wheat bread.
- Women should have 400-500 micrograms daily of folic acid after having a baby to prevent iron deficiency. Take a multivitamin to get your required vitamins.

To lose weight, it is important to monitor the portions of carbohydrates you eat in one day. You should eat between 6 to 11 portions of carbohydrates daily.¹¹ Examples of portion sizes are:

- 1 corn tortilla
- 1 flour tortilla
- ½ cup of rice
- ½ cup of pasta
- 1 slice of bread
- ½ cup of cereal

There are two types of carbohydrates:^{2,3}

1. SIMPLE CARBOHYDRATES – Digested faster in the body, which makes you feel hungry soon after eating them. The following are examples:

- ice cream
- syrup
- sweet bread

2. COMPLEX CARBOHYDRATES –

Digested slower in the body, which keeps you feeling fuller longer. Examples include:

- Fruits
- Vegetables
- Nuts
- Whole Grains
- Seeds
- Legumes (beans and peas)
- Barley
- Buckwheat
- Quinoa (keen-wah)
- Whole rye
- Wild rice

Whole grains are foods that contain all of the essential parts and naturally occurring nutrients of the entire grain seed in their original proportions. Common whole grain foods are:

- Brown Rice
- Oats (oatmeal)
- Whole grain bread

WHAT ABOUT FIBER?⁸

Fiber is a type of carbohydrate that passes through the body undigested. Fiber is very good for you! It helps regulate the body's use of sugars, which helps to keep hunger and blood sugar in check. The best sources of fiber are whole grains, fresh fruits and vegetables, legumes and nuts. Eating more fiber has been linked to lowering the risk of heart disease, type II diabetes, colon cancer, diverticular disease, and constipation. For a full list of fiber-rich foods, visit this website: wehealny.org/healthinfo/dietaryfiber/fibercontentchart.html

Remember to drink water to help you digest the fiber and prevent constipation.

Follow the My Plate Guidelines (choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf) and make half your grains whole grains. Remember to choose complex carbohydrates over simple carbohydrates.

- Eat three or more servings of complex carbohydrates⁶ – that is equal to at least 3 slices of whole wheat bread or 1.5 cups of cooked oatmeal – for a total of at least 25 grams of carbohydrates each day.

Eat more fiber:

- Plan meals that include vegetables, such as vegetable stir-fry. Visit our Healthy Recipe section for more ideas.
- Eat whole fruits instead of drinking fruit juices.
- Replace white bread with whole wheat bread; replace white pasta with whole wheat pasta; replace white rice with brown rice.
- For breakfast, choose cereals that have “whole grain” as the first ingredient. Visit the How to Read a Food Label lesson instructions on finding the ingredients.
- Snack on raw veggies.
- Eat beans and legumes 2-3 times per week in place of meat.

RESOURCES:

CHOOSE HEALTH LA, EAT HEALTHY

<http://www.choosehealthla.com/eat/healthyeating/>

NUTRITION BASICS

cdc.gov/nutrition/everyone/basics/carbs.html

CARBOHYDRATE FACTS

<https://www.nal.usda.gov/fnic/carbohydrates>

CARBOHYDRATES

mayoclinic.org/carbohydrates/art-20045705?pg=2

WHY CARBOHYDRATES MATTER TO YOU

webmd.com/food-recipes/features/carbohydrates

VIDEOS:

COMPLEX CARBS VS. SIMPLE CARBS

[youtube.com/watch?v=6esFOqj_laY](https://www.youtube.com/watch?v=6esFOqj_laY)

HEALTHY EATING TIPS

everydayhealth.com/diet-nutrition/101/nutrition-basics/good-carbs-bad-carbs.aspx

BLOGS:

MOTIVE NUTRITION

motivenutrition.com/

APPS:

CARB COUNTER

itunes.apple.com/us/app/carb-counter/id346785921?mt=8

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7. Health Facts. Choose Carbohydrates Wisely. U.S Department of Health and Human Services Retrieved from http://www.csrees.usda.gov/nea/food/pdfs/hhs_facts_carbohydrates.pdf
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9. American Cancer Society. Folic acid. Retrieved from <http://www.cancer.org/treatment/treatmentsandsideeffects/complementaryandalternativemedicine/herbsvitaminsandminerals/folic-acid>
10. Whole Grains Council. What is a whole grain? Retrieved from <http://wholegrainscouncil.org/whole-grains-101/what-is-a-whole-grain>
11. Nutrition Guidelines on the Mexican Diet. Kaiser Permanente. Retrieved from http://info.kaiserpermanente.org/health_productivity/pdfs/cal_nutrition_mexican_diet_esp.pdf

HEALTHY PROTEINS

Proteins help your body in many ways. Every cell, tissue and organ in your body is made up of proteins.

Protein helps create, maintain, and repair tissues and organs in your body. When you eat protein, your intestines break it down into amino acids. Your body can naturally make some amino acids, but for those that your body cannot make you must get from the food you eat. The amino acids that your body cannot make are called essential amino acids.⁴

If you had c-section or are breastfeeding, you need an adequate amount of protein.³ Breastfeeding moms, and/or moms who had a c-section, should eat at least 6.5 servings of protein each day. Moms who are formula feeding should have 6 servings of protein each day.³ Here are a few examples of what 1 serving of protein looks like:

3 oz of fish or other seafood	3 oz of lean beef, chicken, turkey or pork	1 cup of low fat or nonfat milk
One 8-oz container of low fat or nonfat yogurt	1 cooked egg	½ cup cooked dry beans (pinto, black, soy, lentils, kidney)

TIPS

- Protein helps create, maintain, and repair tissues and organs in your body.
- Moms who have had a c-section and/or who are breastfeeding should eat at least 6.5 servings of protein daily – to get your daily dose, you can drink 2 cups of milk, and eat 2 cups of low-fat yogurt and 2 cooked eggs.

There are two types of proteins, complete and incomplete proteins.^{1,2,4,5}

- **COMPLETE PROTEINS** – Foods that provide all of the essential amino acids. These are animal-based foods:
 - Red Meat
 - Fish
 - Milk Products
 - Eggs
 - Chicken/Poultry
- **INCOMPLETE PROTEINS** – Foods that are low in one or more essential amino acids. These are mostly plant-based foods, but some grains, vegetables and fruits are also included.

What about legumes? Legumes are beans and lentils. You can find these dry, frozen, unsalted, or in cans. With ½ cup of these cooked legumes you get all of these nutrients:¹²

	CALORIES	PROTEIN (G)*	FAT (G)*	IRON (MG)*	CALCIUM (MG)*	
HIGHER PROTEIN ↑	SOYBEANS	86	14	8	4	88
	LENTILS	100	9	Less than 1	3	19
	KIDNEY BEANS	88	8	Less than 1	3	25
	BLACK BEANS	41	8	Less than 1	2	25
	CHICKPEAS	82	7	1	3	40

WHAT YOU CAN DO

Eat protein from a variety of foods to ensure that you get different vitamins and minerals. Choose seafood (shrimp, canned tuna in water, salmon, Pollock or catfish) at least 2 times per week.

- Avoid eating shark, swordfish, king mackerel and tilefish – they contain high levels of mercury.⁸⁻¹⁰
- Albacore (“white”) tuna has a higher mercury level than canned light tuna. Only eat 1/2 can of albacore tuna per week to lower the exposure to mercury.⁸⁻¹⁰
- You can eat sushi while breastfeeding as long as you choose fish with a low mercury content ⁸ (such as scallops, shrimp, and fresh salmon).

- Red meat (beef, pork, lamb) should only be eaten on occasion¹¹. Red meat tends to have a higher fat and cholesterol content. Aim to eat no more than 4-ounces of red meat, 1 to 2 times per week. Eating more than this increases your risk of developing high cholesterol and high blood pressure.
- Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying.
- Eat unsalted nuts as a snack or add them to salads and main dishes.

VEGANS AND VEGETARIANS

Those who follow a vegetarian or a vegan diet must plan their meals accordingly to ensure that they get the appropriate amount of nutrients. Due to the diet restrictions, vegans and vegetarians are at risk for being deficient in a few nutrients. Make sure that you obtain the recommended daily requirement for the following:¹³

- **PROTEIN:** sources include beans, nuts, nut butters, peas, soy products (tofu, tempeh, veggie burgers), eggs and milk products.
- **IRON:** sources include iron-fortified cereals, spinach, kidney beans, black-eyed peas, lentils, turnip greens, molasses, whole wheat breads, and some dried fruits (dry apricots, prunes, raisins). For more information visit the Iron Needs After Pregnancy lesson.
- **CALCIUM:** sources include calcium-fortified soy milk, calcium fortified cereals and orange juice, tofu made with calcium sulfate, and some dark green leafy vegetables

(collard greens, turnip greens, bok choy, kale, mustard greens). In addition to plant-based foods, a calcium supplement may also need to be taken. For more information visit the Calcium Needs After Pregnancy lesson.

- **ZINC:** necessary for proper immune system function. Sources include beans, zinc-fortified cereals, wheat germ, pumpkin seeds, and milk.
- **VITAMIN B12:** Found in animal products and fortified foods. Sources include milk products, eggs, and foods fortified with B12 (cereals, soymilk, and veggie burgers).

Vegans and vegetarians need to be a little creative to find tasty meals that align with their diet choices. Visit the Resources section below or the Healthy Recipes section for ideas on tasty and healthy meals.

RESOURCES:

USDA – VEGETARIAN RESOURCE LIST

choosemyplate.gov/food-groups/downloads/VegetarianNutritionResourceList.pdf

VEGAN RECIPES

vegan.com

POSTPARTUM NUTRITION

cpmc.org/services/pregnancy/information/postpartum-nutrition.html#

KELLY MOM – PARENTING & BREASTFEEDING

kellymom.com/nutrition/mothers-diet/mom-foods/

EAT FISH, CHOOSE WISELY – A GUIDE FOR PREGNANT & BREASTFEEDING WOMEN

https://www1.nyc.gov/assets/doh/downloads/pdf/edp/mercury_brochure.pdf

PROTEIN

hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/

HIGH-PROTEIN DIETS

http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Protein-and-Heart-Health_UCM_434962_Article.jsp#

BLOGS:

GREAT PROTEIN SOURCES:

womenshealthmag.com/nutrition/protein-sources

NUTRITIONIST-APPROVED HEALTHY PROTEIN SNACKS

huffingtonpost.com/2013/10/16/high-protein-snacks-nutritionists_n_4100827.html

APPS:

PROTEIN RICH FOODS

itunes.apple.com/us/app/protein-rich-foods/id393996603?mt=8

VIDEOS:

HEALTHY PROTEINS

youtube.com/watch?v=q02BxrLGTAq

PICKING HEALTHY PROTEINS AT THE GROCERY STORE

youtube.com/watch?v=q02BxrLGTAq

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HEALTHY FATS

Moms need healthy fats for proper body function, to be healthy, and to produce breast milk. Healthy fats can also help moms lose weight. Docosahexaenoic acid (DHA) is a healthy fat that helps protect against heart disease, and it helps baby's brain grow.^{1,2}

Not all fat is bad. Fat is a source of energy, it protects organs, and it helps maintain a normal body temperature. Fat also helps the body absorb vitamins A, D, E and K. There are different types of fat:

- Trans fats – not so healthy^{3,4}
- Saturated fats – not so healthy^{3,4}
- Unsaturated fats (monounsaturated and polyunsaturated) – healthier^{3,4}

SATURATED FATS:³⁻⁶

- They are solid at room temperature (such as butter and cheese); are found in animal foods (high-fat cheeses, high-fat cuts of meat, whole milk, butter, ice cream); and palm oil and coconut oil. Coconut and palm oils are often found in cookies, cakes, doughnuts, and pies.
- Other foods with a high saturated fat content:
 - Fatty beef
 - Lamb
 - Pork
 - Poultry with skin
 - Lard and cream
- Limit consumption of saturated fats – eat no more than 11-13 grams.¹²

TIPS OF THE WEEK

- Moms should have 3 servings of unsaturated fat daily – that's the same as having 1 teaspoon of vegetable oil, 1 tablespoon of salad dressing, and 10 small olives in 1 day.
- Have no more than 300mg of cholesterol – that's the same as having 1 egg yolk (185 mg), 1 chicken leg, without the skin (90 mg), and 1 ounce of beef (25 mg) in 1 day.

UNSATURATED FATS:³⁻⁷

- These are called "heart healthy fats," and are categorized as either monounsaturated fats or polyunsaturated fats.
- Polyunsaturated fats are a type of unsaturated fats. There are 2 types: omega-6 and omega-3. Omega-6 and omega-3 give our body essential fats that we cannot make.
- Most of the fat you eat should come from unsaturated fats.
- Moms should have 3 servings (or 16 grams) of unsaturated fats each day to help with weight loss and organ function.¹²
 - 1 teaspoon of canola oil has about 12 grams of unsaturated fat.
 - Eating about 24 whole almonds has 13-14 grams of unsaturated fat.

MONOSATURATED FATS	POLYUNSATURATED FATS OMEGA-6	POLYUNSATURATED FATS OMEGA-3
Nuts	Soybean oil	Soybean oil
Vegetable oils	Corn oil	Canola oil
Olive oil	Safflower oil	Walnuts
High oleic safflower oil		Flaxseed
Sunflower oil		Fish: trout, hearing, salmon
Avocado		
Peanut butter		

Adapted from Centers for Disease Control and Prevention¹¹

CHOLESTEROL^{9,10}

Your body needs cholesterol to make hormones, vitamin D, and other substances that help you digest food. Your body makes all the cholesterol it needs, but cholesterol can also be found in animal sources, such as dairy products, egg yolks, meat, poultry, and seafood. Eating a lot of foods high in saturated fat can raise cholesterol levels and lead to heart disease. Cholesterol travels throughout your body in:

Low-Density Lipoproteins (LDL): most likely to clog blood vessels; it keeps blood from flowing through the body the way it should. Eating too much saturated fat can raise LDL levels and lead to heart disease.

High-Density Lipoproteins (HDL): removes cholesterol from blood vessels and carries it back to the liver, where it can be processed and sent out of the body. Eating unsaturated fats will increase your level of HDL's.

It is recommended to eat less than 300 milligrams (mg) of cholesterol per day. That's equal to eating this in 1 day:

- 1 egg yolk (185 mg)
- 1 chicken leg, without the skin (90 mg)
- 1 ounce of beef (25 mg)

WHEN SHOPPING AT THE GROCERY STORE:

- Buy margarines that are low in fat and do not contain trans fats. Read to food label to find out if a food item contains trans fat. Visit the Reading Food Labels lesson for more information.
- Buy low-fat or non-fat versions of your favorite salad dressings, mayonnaise, sour cream, yogurt, and desserts.
- Be careful of hidden fats – “hydrogenated oils” is another type of saturated fat. Read to food label to make sure you don't eat food with hidden fats. Visit the Reading Food Labels lesson for more information.
- Buy lean cuts of beef (mayoclinic.org/healthy-living/nutrition-and-healthy-eating/multimedia/cuts-of-beef/img-20006913) and trim all visible fat. Remove skin from poultry before cooking.
- Buy low-fat or 1% dairy products.

When cooking or preparing meals:

- Replace solid fats with oils when possible.
- Add flavor with herbs and spices in place of high-fat sauces.

RESOURCES:

COOKING OILS

wholefoodsmarket.com/recipes/food-guides/cooking-oils

RECIPES – HEALTHY MEALS

realsimple.com/food-recipes/recipe-collections-favorites/healthy-meals

CHOOSE MY PLATE

choosemyplate.gov/supertracker-tools/daily-food-plans.html

POSTPARTUM NUTRITION RECOMMENDATIONS

cpmc.org/services/pregnancy/information/postpartum-nutrition.html#

VIDEO:

GOOD FATS VS. BAD FATS

youtube.com/watch?v=3Gqo3Y6WFYA

FATS – MAKE THE RIGHT CHOICES

kdvr.com/2014/06/09/good-fats-vs-bad-fats-making-right-diet-choices/

BLOGS:

KELLY MOM

kellymom.com/nutrition/vitamins/dha-mother/

HOW TO EAT MORE HEALTHY FATS

<http://www.lifetime-weightloss.com/blog/2014/12/18/how-to-eat-more-healthy-fats.html>

TRANS FATS

mayoclinic.org/healthy-living/nutrition-and-healthy-eating/expert-blog/trans-fat-announcement/bgp-20086470

APPS:

LOW FAT RECIPES

itunes.apple.com/us/app/low-fat-recipes-diet-lose/id587839113?mt=8

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12. American Heart Association. Know your fats. Retrieved from http://www.heart.org/HEARTORG/Conditions/Cholesterol/PreventionTreatmentofHighCholesterol/ Know-Your-Fats_UCM_305628_Article.jsp

CALCIUM NEEDS AFTER PREGNANCY

Calcium is a mineral that has no caloric value, meaning that you won't get any calories or energy from calcium. Calcium helps ensure proper bone, teeth, heart, muscle, nerve and blood health.¹⁻³ The body does not make calcium, so it must be absorbed from the foods you eat. For calcium to be absorbed, your body also needs vitamin D. Exposure to sunlight for 10-15 minutes per day will give your body the Vitamin D it needs.¹ It is very important to consume enough calcium if you are breastfeeding. If you do not consume enough your body will take calcium from your bones and send to the places that need it, such as your breast milk.^{7,8}

Moms over 18 years old should consume 1,000 mg of calcium daily. Moms under 18 years old should consume 1,300 mg of calcium daily.⁴⁻⁶ To get 1,000mg of calcium, you can eat this in 1 day: 8 ounces of low-fat yogurt and 2 glasses of milk.

WHAT FOODS HAVE CALCIUM?

Even if you are lactose intolerant or follow a vegan diet, you can get calcium from other foods. Here is a short list of foods rich in calcium.¹⁰ For more calcium-rich foods, visit this website.

TIPS

- Moms under 18 years old should consume 1,300mg of calcium daily. Moms 18+ years old should consume 1,000mg of calcium daily. Eating 8 ounces of low-fat yogurt and 2 glasses of milk is equal to 1,000mg of calcium.
- Being physically active helps your bones stay strong by conserving the calcium in your bones.

FOOD	MILLIGRAMS (MG) PER SERVING
Yogurt, plain, low fat, 8 ounces	415
Mozzarella, part skim, 1.5 ounces	333
Sardines, canned in oil, with bones, 3 ounces	325
Yogurt, fruit, low fat, 8 ounces	313–384
Cheddar cheese, 1.5 ounces	307
Milk, nonfat, 8 ounces**	299
Soymilk, calcium-fortified, 8 ounces	299
Milk, reduced-fat (2% milk fat), 8 ounces	293
Milk, buttermilk, low-fat, 8 ounces	284
Milk, whole (3.25% milk fat), 8 ounces	276
Orange juice, calcium-fortified, 6 ounces	261

Adapted from National Institutes of Health

Doing weight-bearing activities builds strong bones, which helps you conserve the calcium in your bones. “Weight-bearing” refers to activities that make you move against gravity while staying upright. Here are a few examples of weight-bearing activities:⁹

- Walking
- Push-Ups
- Jogging or running
- Stair climbing
- Dancing
- Sports (basketball, soccer, tennis, etc.)
- Hiking
- Yoga
- Tai Chi

HERE'S WHAT YOU CAN DO:

1. Be active every day. Visit the Physical Activity lessons to help you start a walking program.
2. Moms under 18 years old should have 1,300mg of calcium daily.
3. Moms over 18 years old should have 1,000mg of calcium daily.
4. Speak with your healthcare provider or a dietitian to see if calcium supplements are necessary.

Tofu, firm, made with calcium sulfate, ½ cup***	253
Salmon, pink, canned, solids with bone, 3 ounces	181
Cottage cheese, 1% milk fat, 1 cup	138
Tofu, soft, made with calcium sulfate, ½ cup***	138
Ready-to-eat cereal, calcium-fortified, 1 cup	100–1,000
Frozen yogurt, vanilla, soft serve, ½ cup	103
Turnip greens, fresh, boiled, ½ cup	99
Kale, raw, chopped, 1 cup	100
Kale, fresh, cooked, 1 cup	94
Chinese cabbage, bok choy, raw, shredded, 1 cup	74
Bread, white, 1 slice	73
Tortilla, corn, ready-to-bake/fry, one 6" diameter	46
Tortilla, flour, ready-to-bake/fry, one 6" diameter	32
Sour cream, reduced fat, cultured, 2 tablespoons	31
Bread, whole-wheat, 1 slice	30
Broccoli, raw, ½ cup	21
Cheese, cream, regular, 1 tablespoon	14
Oatmeal, 1 cup cooked	187
Sliced almonds, 1 cup	243
Soy Beans, 1 cup	515

Adapted from National Institutes of Health

RESOURCES:

CDC, CALCIUM RECOMMENDATIONS

cdc.gov/nutrition/everyone/basics/vitamins/calcium.html

CHOOSE MY PLATE, DAIRY

choosemyplate.gov/food-groups/dairy-why.html

CALCIUM-RICH FOODS

liverstrong.com/article/131953-top-10-calcium-rich-foods/

CALCIUM CALCULATOR

iofbonehealth.org/calcium-calculator

FOOD CALCULATOR

webmd.com/diet/calcium-food-calculator/default.htm

CALCIUM CONTENT OF SELECT FOODS

ucsfhealth.org/education/calcium_content_of_selected_foods/

BLOGS:

CALCIUM SUPPLEMENTS

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/calcium-supplements/art-20047097>

CALCIUM SOURCES IF YOU'RE LACTOSE INTOLERANT

spine-health.com/blog/10-ways-get-enough-calcium-if-youre-lactose-intolerant

VIDEOS:

POSTPARTUM NUTRITION RECOMMENDATIONS

mayoclinic.org/healthy-living/nutrition-and-healthy-eating/multimedia/cuts-of-beef/img-20006913

PLANT SOURCES OF CALCIUM

youtube.com/watch?v=oIUW-E9B4i4

VEGAN SOURCES OF CALCIUM

youtube.com/watch?v=iH89aljs3G8

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IRON NEEDS AFTER PREGNANCY

Iron is a mineral found on red blood cells; it carries oxygen from your lungs to the rest of your body, and it helps muscles store and use oxygen.^{1,2} Without iron your body can't get enough oxygen and you will end up feeling tired.¹⁰ Iron is also needed to maintain healthy cells, skin, hair, and nails.¹⁰

Women of an unhealthy weight are at a higher risk of being iron deficient anemic.^{3,4} Women become anemic after losing blood during delivery, or by not eating enough iron-rich foods. Symptoms of anemia include poor concentration, shortness of breath, poor memory, dizziness, weakness, brittle nails, hair loss, pale skin and a low appetite. Having anemia can affect blood flow and proper healing. You may need to increase your iron intake to correct symptoms of anemia.¹⁻⁴

WHAT FOODS HAVE IRON?

Here is a short list of foods rich in iron.⁹ To improve absorption of iron, eat the highlighted foods with vitamin C-rich foods, such as orange juice or strawberries.

TIPS

- Moms should get 9-10mg of iron daily – that's the same as eating 1 cup of soybeans and ½ cup of lentils in 1 day.
- Eat foods rich in Vitamin C (such as oranges or strawberries) with iron-rich foods to help absorb the iron.
- Iron can cause constipation – make sure you eat more fiber and drink more water to prevent constipation.

FOOD	IRON (MG)*	CALORIES
Clams, canned, drained, 3 ounce	23.8	126
Fortified dry cereals (various), about 1 ounce	1.8-21.1	54-127
Cooked oysters, cooked, 3 ounce	10.2	116
Organ meats (liver, giblets), cooked, 3 ounce	5.2 - 9.9	134-235
Fortified instant cooked cereals (various), 1 packet	4.9-8.1	Varies
Soybeans, mature, cooked, ½ cup	4.4	149
Pumpkin and squash seed kernels, roasted, 1 ounce	4.2	148
White beans, canned, ½ cup	3.9	153

Centers for Disease Control and Prevention

FOOD	IRON (MG)*	CALORIES	FOOD	IRON (MG)*	CALORIES
Blackstrap molasses, 1 Tablespoon	3.5	47	Lamb, shoulder, cooked, 3 ounce	2.3	237
Lentils, cooked, ½ cup	3.3	115	Prune juice, ¾ cup	2.3	136
Spinach, cooked from fresh, ½ cup	3.2	21	Shrimp, canned, 3 ounce	2.3	102
Beef, chuck, blade roast, cooked, 3 ounce	3.1	215	Cowpeas, cooked, ½ cup	2.2	100
Beef, bottom round, cooked, 3 ounce	2.8	182	Ground beef, 15% fat, cooked, 3 ounce	2.2	212
Kidney beans, cooked, ½ cup	2.6	112	Tomato puree, ½ cup	2.2	48
Sardines, canned in oil, drained, 3 ounce	2.5	177	Lima beans, cooked, ½ cup	2.2	108
Beef, rib, cooked, 3 ounce	2.4	195	Soybeans, green, cooked, ½ cup	2.2	127
Chickpeas, cooked, ½ cup	2.4	134	Navy beans, cooked, ½ cup	2.1	127
Duck, meat only, roasted, 3 ounce	2.3	171	Refried beans, ½ cup	2.1	118
			Beef, top sirloin, cooked, 3 ounce	2.0	156
			Tomato paste, ¼ cup	2.0	54

Centers for Disease Control and Prevention

Avoid eating iron-rich foods with any of these foods in the same meal. These foods can block the absorption of iron^{1, 2,7,8}.

- Calcium-rich foods (i.e., milk)
- Whole-grains
- Tea
- Coffee

Eat foods with vitamin C (oranges, red bell peppers, strawberries) with your meal to help absorb iron. If you have are severely iron deficient, your doctor may prescribe iron supplements for you. Continue eating iron-rich foods while taking iron supplements to increase your iron levels.

RESOURCES:

Refer to Medical Problems and Breastfeeding lesson

HOW MUCH IRON DO MOMS NEED?

livestrong.com/article/439442-how-much-iron-a-mom-needs-while-breastfeeding/

KELLY MOM, IRON NEEDS FOR NEW MOMS

kellymom.com/nutrition/vitamins/iron/

VIDEO:

IRON RICH FOODS HTTPS

youtube.com/watch?v=vDGunArMmZE

WIC HEALTHY FAMILIES, WHY IS IRON IMPORTANT

youtube.com/watch?v=HjGDhTUKRp8

BLOGS:

TOO LITTLE IRON MAKING YOU TIRED?

shape.com/blogs/weight-loss-coach/too-little-iron-making-you-tired

GET YOUR IRON UP!

getyourironup.com/blog

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VITAMIN D AND BREASTFEEDING

Just like calcium, Vitamin D is important for bone health. Vitamin D helps decrease the risk of osteoporosis and certain types of cancer. Those who are at an unhealthy weight may be deficient in vitamin D.¹⁻³ Vitamin D helps moms absorb calcium, it helps prevent Rickets in babies, and it helps babies build a strong immune system.⁴

TIPS

- Moms should get 10-15 minutes of sunshine, without sunscreen, three times per week to help the body make vitamin D.
- Moms should consume 15 micrograms of vitamin D daily - that's the same as eating 1 can of pink salmon and 1 cup of shitake mushrooms in 1 day

Breast milk does not provide enough vitamin D for a baby. It is recommended that moms receive 15 micrograms (μg) of vitamin D each day to increase vitamin D in her breast milk. The recommended intake of vitamin D for infants is 10 micrograms each day.^{5,6} The World Health Organization recommends that infants get 2 hours of sunlight once a week if only the face is exposed, or 30 minutes if arms and legs are exposed. Infants under 6 months should not get direct sunlight.⁷⁻⁹ It is not necessary to get sunshine every day because the body stores extra vitamin D for later use.

Moms should get 10-15 minutes of sunshine, without sunscreen, 3 times a week during the afternoon to help the body make vitamin D. If you and your baby have a darker skin tone, more sun exposure is required to absorb enough vitamin D.

Make sure to eat foods high in vitamin D, even if you are taking a vitamin D supplement. Avoid fish high in mercury such as shark, swordfish, king mackerel and tilefish. Make sure your baby gets enough vitamin D from sunlight or a vitamin D supplement to prevent Rickets. If you need a vitamin D supplement, it is generally safe to take while breastfeeding. Talk to your healthcare provider for more information.

FOOD SOURCES OF VITAMIN D13

	Vitamin D	
	IU	µg
OIL		
Cod Liver Oil, 1 tablespoon	1360	3.0
FISH AND SHELLFISH		
Pacific Oysters, 3.5oz*	640	16.0
Pink Salmon, canned, 3oz	530	13.3
Salmon, Atlantic, Farmed, cooked, 3.5oz	360	9.0
Mackerel, cooked, 3.5oz	345	8.6
Sardines, canned in oil, drained, 3.5oz	270	6.8
Tuna, Light, canned, 3.5oz	236	5.9
OTHER FOODS		
Shiitake Mushrooms, 3.5oz	100	2.50
Milk, Vitamin D Fortified, 8oz	90-98	2.45
Margarine, Vitamin D Fortified, 1 tablespoon	60	1.5
Liver (beef), cooked, 3.5oz	30	0.75
Egg yolk, cooked, 1 large	25	0.62
Non-fat Yogurt, 1 cup	4	0.10
Cheddar Cheese, 1oz	3.5	0.09
Fortified foods (milk, orange juice, cereals)	Varies. Read food label to find content.	

Adapted from National Institutes of Health

RESOURCES:

GUIDE TO CALCIUM AND VITAMIN D RICH FOODS

<https://www.nof.org/patients/treatment/calciumvitamin-d/a-guide-to-calcium-rich-foods/>

VITAMIN D FACT SHEET

ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/#h3

VIDEOS:

BREASTFEEDING & VITAMIN D

youtube.com/watch?v=0wdByHoukOk

DOES VITAMIN D HELP PREVENT CHRONIC DISEASES?

youtube.com/watch?v=JzQjzSs99Ko

APPS:

VITAMIN D CALCULATOR

itunes.apple.com/us/app/vitamin-d-calculator/id484286798?mt=8

BLOGS:

VITAMIN D NEEDS

[Blogs.plos.org/publichealth/2014/04/24/vitamin-d-take/](https://blogs.plos.org/publichealth/2014/04/24/vitamin-d-take/)

VITAMIN D COUNCIL – HOW MUCH DO YOU NEED

vitamindcouncil.org/category/blog/

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EAT WELL, EAT BREAKFAST

Breakfast is the most frequently skipped meal. By skipping breakfast, you may not get all of the nutrients your body needs to stay healthy. Eating breakfast every day can help moms lose weight and keep it off.² Making breakfast part of your morning routine can start your day off on the right track.

WHY IS EATING BREAKFAST SO IMPORTANT?

After sleeping your brain and muscles need energy. Eating breakfast will give you the vitamins, minerals, fiber and protein you need to feel energized, which will help you take care of the baby.^{1,3}

People who skip breakfast end up snacking throughout the day (rather than eating a full meal). They also tend to eat foods high in fat, sugar and salt. Skipping breakfast may also trick your body into eating more calories for lunch and dinner. Eating breakfast is very important for people with type 2 diabetes. If you take insulin and do not eat breakfast, you run the risk of being hypoglycemic. Eating a healthy breakfast helps control blood sugar levels.¹⁰

MYTHS ABOUT EATING BREAKFAST:⁴⁻⁷

- Skipping breakfast will help you to lose weight.
 - FALSE. Your body stores more fat when

TIPS

- Skipping breakfast is not a healthy way to lose weight.
- Eat breakfast within the first 1-2 hours after waking up.
- Try these healthy meals for breakfast when you are on-the-go: low-fat yogurt with fruit, an egg omelet with vegetables, or a fruit smoothie.

you don't eat for long periods of time.

You are more likely to over-eat for lunch and dinner if you skip breakfast.

- You don't have time to prepare a healthy breakfast in the morning.
 - Try preparing breakfast the night before and heat it up in the morning. You can also make a healthy smoothie if you're pressed for time. Search our Recipe Library for quick and healthy meals for busy moms.
- There is nothing to eat, and I don't like a lot of breakfast foods.
 - Use leftovers to make a breakfast meal. Visit our Recipe Library for delicious breakfast ideas.
- I'm not hungry when I wake up.
 - Train yourself to eat breakfast – eat something small when you wake up to get your metabolism going.

- Eat breakfast within the first 1-2 hours after waking up.
- Visit choosemyplate.com or our Recipe Library for delicious breakfast ideas.
- Aim to eat 7-10 grams of fiber during breakfast – that is equal to eating 1 apple and 2 slices of bread. Fiber helps keep you feeling full for a longer period of time. Visit the What are Healthy Carbs lesson for more information.
- Try to eat no more than 500 calories during breakfast. This amount of calories should fill you up.

TIPS FOR EASY BREAKFAST PREPARATION:

Prepare breakfast the night before or wake up 10 minutes earlier in the morning to prepare a meal. Keep it simple – choose “grab and go” foods.

Here are some examples:

- Low-fat yogurt with fruit and walnuts
- Hard-boiled egg with a banana
- Fruit or vegetable smoothie
- Whole grain waffle with fruit

RESOURCES:

For more information, refer to the Calcium Needs After Pregnancy, What are Healthy Carbs, What are Healthy Proteins and What are Healthy Fasts lessons.

Check out the Medical Problems and Breastfeeding lesson.

FOR YOUR PERSONAL RECOMMENDATIONS,
REFER TO MYPLATE FOR MOMS

choosemyplate.gov/supertracker-tools/daily-food-plans/moms.html

VIDEOS:

HOW IMPORTANT IS EATING BREAKFAST?

[youtube.com/watch?v=iBPBqKEmm60](https://www.youtube.com/watch?v=iBPBqKEmm60)

BLOGS:

REASONS TO EAT BREAKFAST

blog.foodnetwork.com/healthyeats/2013/05/28/5-reasons-to-eat-breakfast/

LOSE WEIGHT BY EATING BREAKFAST

shape.com/blogs/weight-loss-coach/big-breakfast-and-small-dinner-secret-weight-loss

APPS:

FOODUCATE

<https://play.google.com/store/apps/details?id=com.fooducate.nutritionapp>

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PORTION SIZES

Portion sizes these days are large enough to provide food for at least two people. A portion size is the amount of food that you choose to eat for a meal or snack. Modeling positive eating behaviors for your baby can help set them up for success in having a healthy weight later on in life.

TIPS

- Modeling positive eating behaviors for your baby can help them have a healthy weight when they grow up.
- Use smaller plates to prevent over-eating.
- Eating an extra 100 calories per day can add up to 10 pounds in 1 year.

Eating too many calories can lead to weight gain and more body fat. This increases your risk of developing the following health problems:

- High blood pressure
- High cholesterol
- Type 2 diabetes
- Breathing and sleeping problems
- Depression

Your body needs calories to move. The average person needs 2,000 calories each day. Eating more calories than needed will lead to more body fat. For example, eating an extra 10 calories per day can add up to 1 pound of weight gained over 1 year. Eating an extra 100 calories each day can add up to 10 pounds to your weight in 1 year.

WHAT IS A PROPER PORTION SIZE?

Use the My Plate model to help you select a healthy portion size when serving food on a plate. The chart below will also help you select healthy portions.

My Plate

Here's what you can do:

- Use choosemyplate.gov to guide your portion sizes.
- Use a smaller plate to prevent over-eating.
- Drink water while eating – sometimes you're just thirsty and not hungry.
- When you're eating out, take half of your portion "to go" or share with someone else.

RESOURCES:

MANAGE PORTIONS TO MANAGE YOUR WEIGHT

choosemyplate.gov/weight-management-calories/weight-management/better-choices/decrease-portions.html

CHOOSE HEALTH LA, EAT HEALTHY

<http://www.choosehealthla.com/eat/healthyeating/>

EAT RIGHT

eatright.org/Public/content.aspx?id=4294967941

CDC – PORTION SIZES

cdc.gov/healthyweight/healthy_eating/portion_size.html

BLOGS:

PORTION SIZES

<http://www.everydayhealth.com/diet-nutrition-pictures/picturing-proper-portion-sizes.aspx>

PAYING ATTENTION TO PORTION SIZES

mayoclinic.org/healthy-living/nutrition-and-healthy-eating/expert-blog/get-in-the-habit-of-paying-attention-to-portion-sizes/bgp-20089892

VIDEOS:

7 SURPRISING FOOD PORTION COMPARISONS

youtube.com/watch?v=A2mYHUbcEm8

WHAT A SERVING SIZE REALLY LOOKS LIKE

sparkpeople.com/blog/blog.asp?post=what_a_serving_size_really_looks_like

WATCH PORTION SIZES

koin.com/2014/11/10/monday-motivation-portion-sizes/

APPS:

FOODUCATE

play.google.com/store/apps/details?id=com.fooducate.nutritionapp

SPARKSPEOPLE

itunes.apple.com/us/app/calorie-counter-weight-loss/id568471693?mt=8

MYFITNESSPAL

itunes.apple.com/us/app/calorie-counter-diet-tracker/id341232718?mt=8

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WHY READ FOOD LABELS?

A food label, also called Nutrition Facts, is found on all food packaging. Food labels give us information about what our food is made of and what nutrients are in the food, such as total fat and sugars². Your body needs a combination of nutrients to be healthy. People with health concerns, such as diabetes, need to learn how to read food labels to make healthy food choices.

TIPS

- Try not to eat foods high in calories: 40 calories is low, 100 calories is moderate, and 400 calories is high.
- For sodium (salt), fat and cholesterol - aim for 5% or less.
- If you eat the entire package by yourself, multiply the nutrients by the “servings per container” to find out what you ate.

HOW TO READ A FOOD LABEL³⁻⁷

Food labels are based on a 2,000 calorie diet – this means that most people need about 2,000 calories to maintain a healthy weight. Food labels list nutrient measurements in grams (g), milligrams (mg) and percentages. The percentages are called Percent Daily Values – the closer you get to 100%, the closer you are to getting the recommended nutrients for the day.

The first thing you notice on the food label is the serving size. Here we have a food label for juice. According to the label, 1 serving size is equal to 1 cup (or 228 grams), but in the entire container there are 2 servings. If you eat the entire package, you will be consuming 2 cups of juice (multiply the serving size by 2).

START HERE

CHECK CALORIES

GET ENOUGH OF THESE NUTRIENTS

Footnote

NUTRITION FACTS			
Servings Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
% Daily Value*			
Total Fat	12 g	18%	
Saturated Fat	3g	15%	
Trans Fat	3g		
Cholesterol	30mg	10%	
Sodium	470mg	20%	
Potassium	700mg	20%	
Total Carbohydrate	31g	10%	
Dietary Fiber	0g	0%	
Sugars	5g		
Protein	5g		
Vitamin A 4%			
Vitamin C 2%			
Calcium 20%			
Iron 4%			
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Quick Guide to %DV

- 5% or Less is Low
- 20% or more is High

Next come the calories: 1 serving (or 1 cup) of juice has 250 calories and 110 calories from fat. Remember, we have 2 servings in the entire container. The total calories in the container is 500 ($250 \times 2 = 500$), and 220 ($110 \times 2 = 220$) calories from fat.

Remember this rule about calories:

- 40 calories = low
- 100 calories = moderate
- 400 calories = high

You want to keep the fat content low, especially Trans fat. Eating too much fat, sugar, sodium (or salt), and cholesterol can increase your risk of having high blood pressure, diabetes, and some cancers. Remember this rule:

- Anything below 5% is low
- Anything over 20% is high
- For sodium (salt), fat and cholesterol - aim for 5% or less

Next, let's look at the nutrients. These foods help you reduce the risk of heart disease and some cancers. Under 'dietary fiber,' make sure to look for whole grains or multi-grain food products.

Remember this rule when you shop for carbohydrates:

- 5% = low
- 10% = moderate
- 20% or more = high

HOW TO READ THE INGREDIENTS LIST

Next to the food label you will also see an ingredient's list. This is a list of all the ingredients that were used to make the food product. The ingredients are organized from highest content to lowest content – the higher the ingredient is on the list, the more of it there is in the food.

- When buying whole wheat bread, pastas rice and cereal: Make sure the first ingredient listed is "whole wheat" and not "enriched" – whole wheat has more fiber.
- Sugar has many names: cane sugar, corn syrup, & high fructose corn syrup.
- "Hydrogenated oils" is another type of trans fat – these are the least healthy fats.

RESOURCES:

FOOD LABELS

[womenshealth.gov/fitness-nutrition/how-to-eat-for-health/food-labels.html](https://www.womenshealth.gov/fitness-nutrition/how-to-eat-for-health/food-labels.html)

MY PLATE

[choosemyplate.gov](https://www.choosemyplate.gov)

VIDEO:

NUTRITION LABELS 101

[youtube.com/watch?v=T7-hOWQ1zmg](https://www.youtube.com/watch?v=T7-hOWQ1zmg)

NUTRITION FACTS

[youtube.com/watch?v=gBr16f7uGRE](https://www.youtube.com/watch?v=gBr16f7uGRE)

HOW TO READ FOOD LABELS

100daysofrealfood.com/2013/12/30/video-read-ingredient-labels/

HOW TO READ A FOOD LABEL

oprah.com/health/How-to-Read-a-Food-Label-Video

BLOGS:

FOOD LABELS AND MORE

onemedical.com/blog/eat-well/learn-to-read-labels/

TIPS ON HOW TO READ A FOOD LABEL:

<http://www.realsimple.com/health/nutrition-diet/healthy-eating/read-nutrition-facts-labels>

EAT RIGHT

eatright.org/Public/content.aspx?id=10935

APPS:

SHOPWELL

itunes.apple.com/us/app/shopwell-healthy-diet-grocery/id393422300?mt=8

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QUICK WEIGHT LOSS

Americans spend \$30-\$40 million a year to lose weight, and most do it through fad diets.¹ A fad diet is a weight loss plan that promises quick results, but no long term weight loss. Fad diets may be appealing, but they can actually increase your weight in the long-run. Most fad diets are low in fiber, vitamins, minerals and complex carbohydrates.

TIPS

- You can lose up to 500 calories each day that you breastfeed.
- A fad diet is a weight loss plan that promises quick results, but no long term weight loss.
- Fad diets can be dangerous to your health and your baby, especially while breastfeeding.

Fad diets can deprive you of important nutrients. Fad diets can also deprive your breast milk of important nutrients that your baby needs. You need a combination of protein, carbohydrates and fat along with vitamins and minerals to be healthy and to lose weight.²

WHY ARE FAD DIETS BAD?

Fad diets are popular because they produce quick weight loss. The weight lost is usually from water and lean muscle. People who go on fad diets usually end up gaining the weight back, and sometimes weigh more than when they started the diet.^{1,3,4} Slow and healthy weight loss (1-2 pounds a week) is easier to maintain in the long-term. Focus on eating the right foods to give you the best weight loss results.

7 WAYS TO SPOT A FAD DIET:⁵⁻⁷

FAD DIET

- 1 A diet that promises quick weight loss
 - Healthy weight loss is 1-2 pounds a week.
- 2 A diet that promises weight loss without exercise and giving up "fatty" foods.
- 3 A diet offering testimonials from "experts" in weight loss
 - They may be actors paid to promote the diet.
- 4 A diet based on taking special pills, powders or herbs
 - There is not much proof that these speed up your metabolism.
- 5 A diet that asks you to eat only certain foods or foods in combination.
- 6 A diet that asks you cut out fat, sugar, protein, or carbohydrates.
- 7 A diet that asks you to skip meals or to replace meals with special drinks, food bars, or cereals.

FOR HEALTHY WEIGHT LOSS:⁸

- Eat breakfast every day – see the Eat Well, Eat Breakfast lesson for more information.
- Don't skip meals.
- Eat foods with a variety of nutrients – see the Why Read Food Labels lesson for more information.
- Eat healthy portion sizes
- Limit the amount of saturated fat, trans fat, cholesterol and sodium (salt) in your meals.
- Limit the amount of high-sugar foods, such as sodas and candy.
- Be active and walk 10,000 steps each day.
- You can also speak with a dietitian – they can help you make a weight loss plan that is safe and realistic.

RESOURCES:

Go to the Recipe Library for quick and healthy recipe ideas

HEALTHY EATING FOR A HEALTHY WEIGHT

cdc.gov/healthyweight/healthy_eating/index.html

CHOOSE MY PLATE

choosemyplate.gov

CDC - HEALTHY WEIGHT

cdc.gov/healthyweight

WEBMD - THE TRUTH ABOUT FAD DIETS

webmd.com/diet/guide/the-truth-about-fad-diets

APPS:

FOODUCATE

play.google.com/store/apps/details?id=com.fooducate.nutritionapp

BLOGS:

eatright.org/Public/content.aspx?id=6851

psychologytoday.com/blog/food-junkie/201307/the-truth-behind-fad-diets

VIDEOS:

FAD DIETS, PART 1

youtube.com/watch?v=KkmokFvPiZQ

FAD DIETS, PART 2

youtube.com/watch?v=KkmokFvPiZQ

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CAN I DRINK ALCOHOL WHILE BREASTFEEDING

Alcohol can get absorbed by your breast milk and passed to your baby. Alcohol can decrease your milk supply. Alcohol in breast milk can decrease your baby's growth and cause changes in his/her sleep patterns. Babies cannot breakdown alcohol very well because their liver is still maturing.

There is no level of alcohol that is thought to be safe for babies. However, experts say that you can drink 1-2 standard drinks of alcohol per week.¹⁻⁴

TIPS

- Alcohol levels increase in your blood and breast milk 30 minutes - 1 hour after drinking.⁵⁻⁸
- Drinking alcohol decreases milk supply by 23% after having 1 drink.
- Breastfeeding before drinking, or 2- 3 hours after drinking, will ensure that alcohol is cleared from your breast milk.⁵⁻⁸

Pump and store your breast milk for your baby before drinking alcohol. Pumping and dumping does not get the alcohol out faster. However, pumping frequently will help maintain your milk supply since drinking alcohol can decrease your

milk supply.¹⁰ If you plan on drinking alcohol, do so 2-3 hours before breastfeeding your baby for every 1 drink.^{6,9,10} For example:

- 1 drink = avoid breastfeeding for 2-3hrs
- 2 drinks = avoid breastfeeding for 4-5 hours

RESOURCES:

IS IT OKAY TO DRINK WHILE BREASTFEEDING

[mayoclinic.org/healthy-living/infant-and-toddler-health/expert-answers/breast-feeding-and-alcohol/faq-20057985](https://www.mayoclinic.org/healthy-living/infant-and-toddler-health/expert-answers/breast-feeding-and-alcohol/faq-20057985)

KELLY MOM, BREASTFEEDING & ALCOHOL

kellymom.com/bf/can-i-breastfeed/lifestyle/alcohol/

VIDEO:

ALCOHOL AND BREASTFEEDING

[youtube.com/
watch?v=vvT8ZFMb5Sk&feature=youtu_gdata_player](https://www.youtube.com/watch?v=vvT8ZFMb5Sk&feature=youtu_gdata_player)

DRINKING ALCOHOL

[youtube.com/watch?v=ix85yNZZLzM](https://www.youtube.com/watch?v=ix85yNZZLzM)

BLOGS:

MOMZELLE

momzelle.com/blog/2010/07/gimme-a-drink/

BREASTFEEDING & ALCOHOL CONSUMPTION

[onemedical.com/blog/live-well/
breastfeeding-alcohol/](http://onemedical.com/blog/live-well/breastfeeding-alcohol/)

ALCOHOL & BREASTMILK

everydayfamily.com/alcohol-breast-milk/

BABY MED, BREASTFEEDING & ALCOHOL

babymed.com/breastfeeding/breastfeeding-and-alcohol

BLOGS:

FEED SAFE

[itunes.apple.com/au/app/feed-safe/
id799266384?mt=8](https://itunes.apple.com/au/app/feed-safe/id799266384?mt=8)

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9. Infant and Toddler Health. (2013). MayoClinic. Retrieved from <http://www.mayoclinic.com/health/breast-feeding-and-alcohol/AN0213>