



Healthy foods to eat



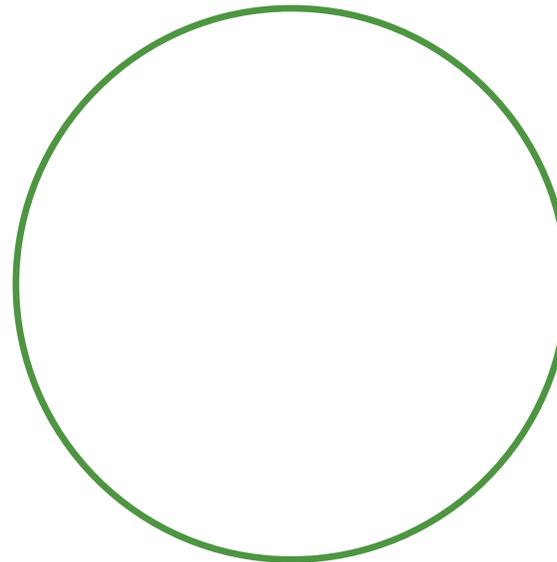
Losing weight



Relief from constipation



Low iron



Feeling sad

Postpartum

Healthy foods to eat

Suggested Questions:

- What questions do you have about eating healthy foods?
- Tell me what you eat and drink on a typical day?

Tips:

- Eating well can give you more energy to take care of your baby.
- Eating well can help get your body back in shape.
- Eat five to six small meals a day.
- Eat more fruits and vegetables.
- Drink lots of water.
- Drink low fat milk and 100% fruit juices.
- Avoid sweetened drinks such as soda, sports drinks, coffee beverages, sugared ice tea, juice drinks.

Handout:

- *Be a Healthy Mom*

Losing weight

Suggested Questions:

- What are you doing now to lose weight?
- How do you feel about your weight?

Tips:

- Lose weight slowly, about 1–2 pounds per week.
- Have quick healthy snacks on hand.
- Ask your doctor when you can start exercising.
- Be active every day. Do what you enjoy. Walking with baby is a good choice.
- Do not follow fad diets. They do not work and may be harmful to your health.

Handout:

- *Be a Healthy Mom*

Relief from constipation

Suggested Question:

- What have you tried to relieve your constipation?

Tips:

- Eat more fiber-rich foods, such as fruits and vegetables.
- Eat more whole grains, such as bran cereal, oatmeal, whole wheat bread, corn tortillas.
- Try prunes, peaches, nectarines, or apples served with yogurt.
- Drink plenty of water.
- Be active every day. Do what you enjoy. Walking with baby is a good choice.

Handouts:

- *Be a Healthy Mom*
- *Relief From Common Problems*

Low iron

Suggested Questions:

- What have you heard about low iron?
- What concerns do you have about low iron?

Tips:

- Having low iron 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.
- Eat vitamin C rich foods at the same time you eat iron rich foods. For example, drink WIC juice with WIC cereal, or eat salsa on tacos. This helps your body use the iron better.
- If your doctor gives you iron pills, be sure to take them.

Handouts

- *Be a Healthy Mom*
- *Iron for Strong Blood*

Topic of your choice

Postpartum

Feeling sad

Suggested Questions:

- How have you been feeling since you had your baby?
- What has been going well for you?

Tips:

- Postpartum depression is common for many women.
- Ask your friends and family for help so that you can get some rest.
- Eating five to six healthy small meals a day will help you feel better.
- Getting exercise can help you feel better.
- Talk to your doctor, especially if you have feelings about hurting yourself or your baby.

Handouts:

- *Be a Healthy Mom*
- *Nine Months to Get Ready*