



EAT  
GROW  
LIVE

# HEALTHY



HEALTH TIPS  
**FOR NEW MOMS**



## DEAR MOM,

Congratulations on the birth of your baby! As a new mom in WIC, you can:

- ✓ Learn how to get health care and other services.
- ✓ Learn to make smart food choices.
- ✓ Learn more about breastfeeding.
- ✓ Learn ways to keep your baby safe.
- ✓ Get checks to buy healthy foods.

This booklet has tips to keep you healthy. These tips do not replace your doctor's advice. Talk with your doctor at your next checkup. Write down questions to ask before you go.

WIC can help you learn more about healthy eating. WIC has nutrition sessions for you and other moms to learn, share ideas, and ask questions.

Sincerely,  
The WIC Program staff

NEXT STEPS/GOALS: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## GET HEALTH CARE.

**Go to your postpartum checkup.** Learn ways to stay healthy. Ask when you will need a checkup again.

- Stay up to date with shots. You and your child need shots. Shots keep you safe from killer diseases like measles, polio, and tetanus.
  - Most shots are given in the first 2 years. Some shots are needed after that. Ask your doctor what you and your child need.
  - Get shots on time. The doctor will say when to get them. Keep a shot record for you and your child. When your child is due for shots, take the record to the doctor. Take the record to WIC at your next appointment.
- Know your HIV status. Call the Delaware Helpline at 2-1-1 for more information.



# CHOOSE FOODS FOR GOOD HEALTH.

**EVERY DAY, EAT FOODS FROM ALL 5 FOOD GROUPS.**  
**EAT REGULAR MEALS.**

Eating regular meals helps you:

- Have more energy.
- Think clearly.
- Heal better.

<p><b>GRAINS</b></p> <p>Breastfeeding 6 ounces (6 servings)</p> <p>Non-Breastfeeding 5 ounces (5 servings)</p>		<p><b>1 OUNCE IS 1 SERVING</b></p> <ul style="list-style-type: none"> <li>• 1 slice bread or tortilla</li> <li>• ½ bagel or hamburger bun</li> <li>• ½ cup cooked rice, noodles, or cereal</li> <li>• 1 cup flake-type cereal</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Eat whole grains like: <ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Whole wheat or rye bread</li> <li>- Brown rice</li> <li>- Corn or whole wheat tortillas</li> </ul> </li> </ul>
<p><b>VEGETABLES</b></p> <p>Breastfeeding 2½ cups (5 servings)</p> <p>Non-Breastfeeding 2 cups (4 servings)</p>		<p><b>1/2 CUP IS 1 SERVING</b></p> <ul style="list-style-type: none"> <li>• ½ cup chopped or cooked</li> <li>• 1 cup lettuce or other leafy greens</li> <li>• ½ cup vegetable or tomato juice</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Eat many kinds and colors: dark green, orange, red, yellow, purple, and white.</li> <li>• Add to: scrambled eggs, rice, noodles, salads, and casseroles.</li> </ul>
<p><b>FRUITS</b></p> <p>Breastfeeding 2 cups (4 servings)</p> <p>Non-Breastfeeding 1½ cups (3 servings)</p>		<p><b>1/2 CUP IS 1 SERVING</b></p> <ul style="list-style-type: none"> <li>• ½ cup chopped or cooked</li> <li>• 1 fruit—apple, orange, peach</li> <li>• ½ cup 100% fruit juice</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Eat many kinds and colors: red, yellow, orange, blue, green, and white.</li> <li>• Put sliced or chopped fruit on cereal, pancakes, pudding, and frozen yogurt.</li> </ul>
<p><b>MILK &amp; MILK PRODUCTS</b></p> <p>Breastfeeding and Non-Breastfeeding 3 cups (3 servings)</p>		<p><b>1 CUP IS 1 SERVING</b></p> <ul style="list-style-type: none"> <li>• 1 cup lowfat milk</li> <li>• 1 cup yogurt</li> <li>• 1 to 2 slices cheese</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• Buy lowfat (1%) or fat free milk.</li> <li>• If it is hard to drink milk, get ideas from WIC.</li> </ul>
<p><b>MEAT &amp; BEANS</b></p> <p>Breastfeeding 5½ ounces (5½ servings)</p> <p>Non-Breastfeeding 5 ounces (5 servings)</p>		<p><b>1 OUNCE IS 1 SERVING</b></p> <ul style="list-style-type: none"> <li>• 1 ounce meat, chicken, turkey, or fish</li> <li>• ¼ cup canned light tuna</li> <li>• 1 egg</li> <li>• ¼ cup cooked beans or tofu</li> <li>• 1 tablespoon peanut butter or nuts</li> </ul>	<p><b>TIPS</b></p> <ul style="list-style-type: none"> <li>• A 3-ounce serving is the size of a deck of cards.</li> <li>• Eat more beans like you get from WIC. Ask WIC for recipes.</li> <li>• Choose lean meats. Bake, broil, or grill them.</li> </ul>

## EAT BREAKFAST, LUNCH AND DINNER.

Choose a variety of grains, vegetables, fruits, milk, and meat and beans. Here's a sample menu:

### BREAKFAST

Hard cooked egg  
Whole wheat toast or tortilla  
Sliced peaches  
Lowfat milk  
WIC juice

### LUNCH

Turkey sandwich with lettuce and tomato on whole wheat bread  
Carrot sticks  
Apple  
Lowfat milk  
Oatmeal raisin cookie

### AFTERNOON SNACK

Tomato juice  
Whole wheat crackers

### DINNER

Spaghetti with meat sauce  
Green beans  
Tossed green salad  
Grapes  
Lowfat milk

## BREAKFAST IDEAS

**Make time for breakfast.** It helps you get through the day. Here is a simple plan. Choose one or more foods from each group below.

BREAD, CEREAL, OR OTHER GRAIN	FRUIT OR VEGETABLE	MILK OR MEAT OR BOTH
WIC oatmeal	Applesauce	Lowfat milk
Waffle	Sliced strawberries	Lowfat yogurt
Whole wheat tortilla	WIC beans and tomatoes	Cheese
Rice	Vegetables	Egg
Dry WIC cereal	Raisins	Peanuts (grab and go)
Pizza topped with	Vegetables	Cheese



GET YOUR BODY IN SHAPE WITH WIC FOODS. THEY GIVE YOU:

- Iron for healthy blood
- Calcium for strong bones and teeth
- Vitamins A and C for healing
- Protein for body repair



## BE SMART ABOUT FAST FOODS.

On the go? Ask for these fast foods and don't supersize.

- Grilled chicken sandwich
- Turkey or roast beef sub
- Hamburger or cheeseburger (regular size)
- Pizza topped with green peppers, tomatoes, and mushrooms
- Baked potato with vegetable and cheese toppings
- Fruit
- Water, lowfat milk, or juice



## MAKE FAST FOODS AT HOME



### PAN-ROASTED CHICKEN

4 Servings

#### INGREDIENTS

- 1 onion, cut in thin wedges
- 4 skinless, boneless chicken breast halves
- Salt and ground black pepper
- 1 tablespoon olive oil
- 1 zucchini, cut into small wedges
- 1/4 cup fresh parsley

#### DIRECTIONS

1. Sprinkle chicken lightly with salt and pepper, then sauté in oil for 2 minutes.
2. Add onions. Cook until chicken is browned evenly and done (170 F).
3. Remove chicken and onions from pan (keep warm). Add zucchini to pan and sauté for 3 to 5 minutes. Combine with chicken and onions. Sprinkle with parsley. Serve.

## GET FOLIC ACID EVERY DAY.

**Folic acid is a vitamin.** It helps prevent birth defects in a baby's brain and spine. It builds healthy blood cells.

#### Current recommendations:

Women need 400 micrograms (mcg) every day.

#### There are ways to be sure to get enough folic acid each day:

- Take a vitamin that has 400 mcg folic acid in it every day. (Check the label.\*)
- Eat a bowl of breakfast cereal that has 100% of the daily value of folic acid every day. Be sure to check the label, look for folic acid and make sure it says 100% next to folic acid.

Be sure to eat foods with folic acid even if you take a vitamin pill or eat fortified cereal. Here are some easy ways to add folic acid to your diet:

- Add some strawberries to your breakfast cereal.
- Mix up a great tasting dip and use cut up raw veggies like broccoli and cauliflower or use cherry tomatoes and mini carrots for dipping.
- Choose darker green lettuce and greens, like romaine, green leaf, or raw spinach for salads or sandwiches.
- Have peanuts for a snack. (Do NOT eat peanuts if you are allergic to them.)

\* See next page for label reading information.

# READ NUTRITION LABELS.

If you eat fortified cereal, read the label.

- The cereal should give you 100% of the Daily Value. This means it has 400 mcg of folic acid.

**If you take a vitamin pill, read the label.**

- The pill should have 400 mcg of folic acid.



## Nutrition Facts

Serving Size 1 Cup (31 g/1.1 oz.)  
Servings Per Container About 11

Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
<b>Calories</b>	110	150
Calories from Fat	0	0
% Daily Value**		
<b>Total Fat</b> 0g*	<b>0%</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 220mg	<b>9%</b>	<b>12%</b>
<b>Potassium</b> 60mg	<b>2%</b>	<b>7%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>	<b>9%</b>
Dietary Fiber less than 1 g	<b>3%</b>	<b>3%</b>
Sugars 4g		
Other Carbohydrate 18g		
<b>Protein</b> 7g	<b>3%</b>	<b>13%</b>
Vitamin A	15%	20%
Vitamin C	35%	35%
Calcium	0%	15%
Iron	45%	45%
Vitamin E	35%	35%
Thiamin	30%	40%
Riboflavin	35%	45%
Niacin	35%	35%
Vitamin B6	100%	100%
<b>Folic Acid</b>	<b>100%</b>	<b>100%</b>
Vitamin B12	100%	110%
Phosphorus	6%	20%
Magnesium	4%	8%
Zinc	6%	8%
Selenium	10%	10%

## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate and 50% as beta-carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as dl-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamin mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	30 mg	100%
<b>Folic Acid</b>	<b>400 mcg</b>	<b>100%</b>
Vitamin B12 (as cyanocobalamin)	6mcg	100%
Biotin	30 mcg	100%
Pantothenic Acid (as calcim pantothenate)	10mg	100%





## BE ACTIVE FOR A HEALTHY BODY.

Why is it good to be physically active? It can:

- help you look and feel great,
- give you more energy,
- lower stress and help you relax,
- work off your pregnancy weight, and
- tone your muscles.

**Take it easy, at first.** Your body needs to heal. Ask your doctor what you can do and when you can do it.

**Walking is a great way to get and stay fit.** Put your baby in the stroller and walk. Walk at the mall, school, or community center.

**Start with a 5 or 10 minute walk.** After one week, walk a little longer or farther. Set a goal that works for you.

Here are other easy ways to move your body:

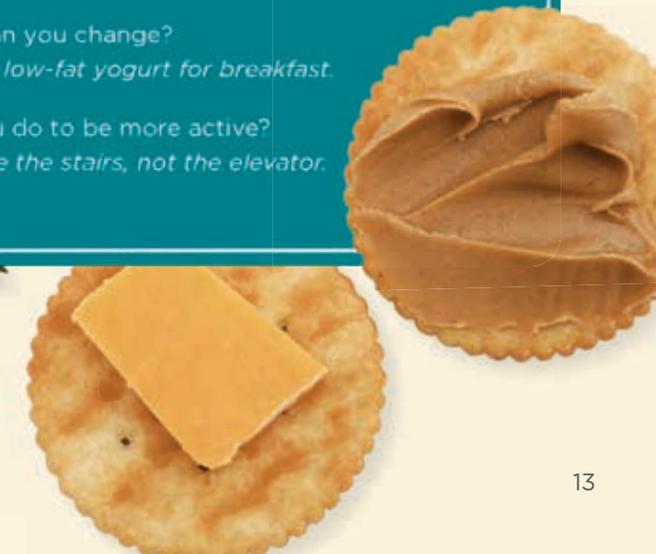
- March in place when you watch TV or talk on the phone.
- Play music and dance.



### MAKE ONE CHANGE AT A TIME

**Change health habits one at a time.**  
Get used to one change before you make the next one.

- What food can you cut back on?  
*Example: Cut back to one soda a day.*
- What food can you change?  
*Example: Eat low-fat yogurt for breakfast.*
- What can you do to be more active?  
*Example: Take the stairs, not the elevator.*



## MAKE TIME FOR YOURSELF.

Enjoy your new baby. But, take care of yourself, too.

- Ask for help from family and friends. Let them shop, cook, and clean.
- Nap when your baby naps. If you can't sleep, lie down and rest.
- Find someone to talk to.

Most new moms get the blues. They cry, feel sad, and have mood swings. The blues can last up to 2 weeks. If the feelings get worse, you could have depression.

Talk with your doctor to get help. Untreated depression is hard on your baby, your family, and you.

## POSTPARTUM DEPRESSION

If you think you might have postpartum depression or PPD get help by calling **1-800-944-4773** or visiting [www.ppdhope.org](http://www.ppdhope.org). If you have thoughts of harming yourself or your baby, get immediate help by calling **1-800-273-TALK (1-800-273-8255)**.

### SIGNS OF POSTPARTUM DEPRESSION:

Any of these feelings that last more than 2 weeks:

- Feel very sad
- Cry all the time
- Don't want to eat or can't stop eating
- Can't sleep or want to sleep all the time
- Don't want to take care of yourself
- Don't enjoy life
- Don't care about your baby
- Feel like you could hurt yourself or your baby
- Afraid to be alone with your baby
- Worry too much about your baby



## TRY THIS STRESS RELIEVER

1. Sit in a chair.
2. Put your hands on your stomach.
3. Breathe in through your nose. Breathe slowly for a count of 4. Hold for one second.
4. Breathe out through your mouth. Breathe slowly for a count of 4.

Repeat 5 to 10 times.

## KEEP YOUR TEETH HEALTHY.

Healthy teeth and gums are a sign of good health.

- Brush your teeth (and tongue) at least 2 times a day.
- Floss your teeth 2 times a day.
- Drink water, not sugar-sweetened drinks.
- Get a dental checkup every 6 months.



Give your baby the right start -

**BREASTFEED!**



## IF YOU ARE BREASTFEEDING:

- 1. NURSING IS NATURAL, BUT MAY TAKE TIME AND PRACTICE.**  
You and your baby are learning in the first 3 weeks. It gets easier after that.
- 2. GET YOUR REST.**  
You will have more energy for your baby.
- 3. DRINK WATER, WIC MILK, AND WIC JUICE WHEN YOU ARE THIRSTY.**  
Have a beverage ready to drink while you nurse.
- 4. EAT THREE MEALS AND AT LEAST ONE SNACK EACH DAY.**  
Some snack ideas are:
  - cheese and crackers
  - fruit
  - lowfat yogurt
  - nuts and raisins
  - WIC cereal
  - sandwich
- 5. IF YOU DO NOT DRINK MILK, TALK TO WIC.**  
You can get calcium from other foods like:
  - cheese
  - yogurt
  - orange juice with calcium
  - other foods fortified with calcium
  - tofu (made with calcium)
  - kale and collard greens
- 6. GO TO A BREASTFEEDING SUPPORT GROUP WHERE YOU CAN TALK WITH OTHER MOMS.**
- 7. CALL WIC OR THE LACTATION CONSULTANT AT THE HOSPITAL IF YOU HAVE QUESTIONS.**

## KEEP YOU AND YOUR CHILDREN HEALTHY — BREASTFEED.

### If you are not breastfeeding now...

- Nurse if you have another baby. Just because you didn't this time doesn't mean you can't do it next time.
- If you tried nursing but stopped, try it again if you have another baby. It is different with each baby. If something did not go right, ask for help next time.
- Babies who drink mother's milk love it, and it comforts them! It is easy to digest and is always ready to feed.
- Moms of all ages can nurse. Moms who have small breasts, large breasts, multiple births, or have C-sections can nurse. Moms can nurse if they go back to work or school.

## DID YOU KNOW?

- Babies who are NOT breastfed:
  - Have more allergies
  - Are sick more often
  - Have more diarrhea and constipation
  - Have a greater risk of crib death (SIDS)
- Moms who do NOT breastfeed:
  - Spend more money on food for baby
  - Take longer to get back into shape
  - Are more likely to get certain cancers



## KEEP YOU AND YOUR BABY SAFE.

You and your child can get hurt from tobacco, alcohol, and other drugs. If you get pregnant again, your baby could be born too small or exposed to substances and suffer painful withdrawal.

### Stay away from tobacco.

Tobacco smoke can:

- Make your child have more colds and ear infections.
- Lead to asthma or make it worse.
- Lead to cancer, heart disease, or stroke.

Set a “NO SMOKING” rule for your home. Don't let people smoke around your child.

If you smoke, get help to quit. Talk with your doctor or call the **Delaware Quitline 1-866-409-1858**.

### Stay away from alcohol and drugs.

Alcohol and drugs can ruin your body and mind. You might forget to take care of your baby. If you need help, talk with your doctor or visit [helpisherede.com](http://helpisherede.com).



**New Castle County 1-800-652-2929**  
**Kent and Sussex Counties 1-800-345-6785**

Never leave your child with people who drink too much or use drugs.

### Say **NO** to:

- |                       |                          |
|-----------------------|--------------------------|
| × Beer                | × Crack/cocaine          |
| × Wine                | × LSD                    |
| × Mixed drinks        | × PCP or angel dust      |
| × Liquor              | × Heroin                 |
| × Cigarettes          | × Methamphetamines       |
| × Smokeless tobacco   | × Opioids                |
| × Misuse of medicines | × Vape and Juul products |
| × Marijuana           |                          |

# A FINAL NOTE TO MOM:

If you could have a baby again, get ready now. If you have a health problem, get it under control.

- Get up to date on your shots.
- Eat right and stay active.
- Get folic acid every day.
- Don't drink, smoke, or use drugs.
- Breastfeed your baby!

It is recommended that you wait 18 months before getting pregnant again; this allows your body to recover.

## Go to [dethrives.com](http://dethrives.com) for more information.

If you feel unhappy, alone, or anxious after giving birth, you may have postpartum depression or PPD. Get help by calling 1-800-944-4773 or visiting [www.ppdhope.org](http://www.ppdhope.org).

If you have thoughts of harming yourself or your baby, get immediate help by calling 1-800-273-TALK (1-800-273-8255).

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

WIC Program

### Questions?

#### Delaware WIC Program

New Castle County: 302-283-7540

Kent and Sussex Counties: 302-424-7220