

Getting to a Healthy Weight after Pregnancy

Congratulations! You've had your baby! Now you may be thinking about losing that extra weight you gained during pregnancy. Do it the healthy way.

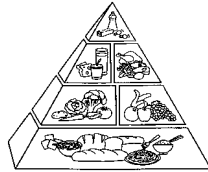
Do NOT go on a quick weight loss diet or take a diet pill or powder. These are not healthy and may be harmful.

Weight loss is different for each woman. Losing ½ to 1 pound per week is a healthy goal. Losing weight too fast may make you tired and irritable. Weight lost quickly is often regained and sometimes extra is gained.

The best way to lose weight is to follow a healthy eating plan and to enjoy an active lifestyle.

Healthy Eating

- Eat a variety of foods from the Food Guide Pyramid.
- Watch portion sizes. A serving of meat is the size of a deck of cards. A serving of rice or pasta equals a fist.
- Eat 5 or more fruits and vegetables every day.
- Choose foods high in fiber such as whole wheat breads, bran cereals, fresh fruits and vegetables.
- Drink fat-free (skim) milk and eat lowfat cheeses such as mozzarella, string, and cottage cheese.
- Choose lean meats, fish, poultry, and dried beans and peas.
- Eat less butter, mayonnaise, salad dressings, cream cheese, and fried foods. Use fat-free or lowfat products.
- Cut down on sweets. Save them for special occasions.
- Drink 6 to 8 glasses of water every day.



Be Active

Physical activity can help you lose fat and gain muscle. It also helps reduce stress. Check with your doctor before starting your exercise plan.

Start slowly and build up. Keep a log of your activities. Have your family join in, too. Try these simple activities:

- | | |
|---------|-----------------|
| Walking | Swimming |
| Biking | Gardening |
| Dancing | Floor exercises |



More tips to help you lose weight

- Start your day with breakfast.
- Listen to your body. Eat when you are hungry and stop when you are full.
- Take smaller bites and eat S-L-O-W-L-Y.
- If you're hungry between meals, have a low-calorie snack, such as
 - < Fruit or vegetables
 - < Popcorn
 - < Pretzels
 - < Lowfat or fat-free yogurt.
- Avoid reading or watching TV when you eat.
- Avoid eating out of boredom or frustration.
- Write down what you eat every day. Look at when you eat and how much. What can you change?
- Choose water, iced tea, or diet soda in place of regular soda.

***Feel good about yourself.
Accept who you are and how you look.
Healthy people come in all shapes and sizes!***

For good health, I will: _____

