

Lose the Extra Weight

Most women want to lose weight and fit back into their clothes after the baby is born. It is a good idea to lose the extra weight.

Gaining weight with each pregnancy can add up to a lot of extra weight.

This extra weight can lead to diabetes and other health problems.

Can I lose weight while breastfeeding my baby?

Yes, you can.

Breastfeeding can help you lose weight.

Studies have shown that mothers who breastfeed their babies have slimmer hips and weight less than mothers whose babies are fed formula.

Many women lose weight during the first couple months by eating a normal diet and eating to their hunger.

It is normal to lose some weight after your baby is born.

If you stop losing the extra weight after the first 2 months or start gaining weight, talk to your health care provider. You may need to become more active and eat less.



If you want to start a weight loss diet, it is best to wait at least 2 months after your baby is born.

Your body needs some time to recover from childbirth and to establish a good breastmilk supply.

Lose weight slowly.

Try to lose about 1 to 2 pounds each week.

This gradual weight loss will help you feel good and have the energy to take care of your new baby.

Start with Small Steps

- Snack on fruits and vegetables.
 - Drink skim or 1% milk.
- Choose whole grain breads, cereals, tortillas and brown rice.
 - Choose lean meats.
- Avoid high fat foods such as french fries, butter and sour cream.
- Eat normal size servings – avoid supersizing and second helpings.
 - Drink more water.
 - Don't drink soda and other sweetened drinks.

Safe Baby Foods

- ♥ Pour baby food into a dish. Feed your baby from a dish, not the jar.
- ♥ Use a separate spoon if you want to taste the baby food. Do not share a spoon with your baby.
- ♥ Your baby can eat baby foods at room temperature, cold or slightly warm.
- ♥ If you heat baby foods, test the temperature before feeding your baby – be sure it's not too hot.
- ♥ Refrigerate opened jars of baby food that have not been heated. They can be kept in the refrigerator for up to 3 days.
- ♥ Do not add salt, sugar or other seasonings to your baby foods.
- ♥ Don't add honey to baby foods.
- ♥ Stay with your baby while you are feeding him.
- ♥ Throw away leftover baby food that your baby does not eat.



My baby doesn't like baby cereal, what can I do?

Most babies will eat baby cereal, even if it does not have a lot of flavor.

Your baby may be unsure if he wants to eat a new food.

Keep trying – you may need to offer cereal 8 to 10 times before your baby accepts it.

Don't force your baby to eat. Offer a small amount. If he refuses it, put it away and try later.

Try mixing baby cereal with a different flavor:

- 1 Mix baby cereal with a fruit – strained peaches, applesauce, pears or bananas.
- 2 Mix baby cereal with fruit juice – apple juice or white grape juice.
- 3 Mix baby cereal with a vegetable – strained carrots, squash, green beans or peas.
- 4 Try mixing $\frac{3}{4}$ fruit or vegetable with only $\frac{1}{4}$ baby cereal.