



## STAY HEALTHY

### EAT WELL

- Eat at least 3 times each day for energy to care for yourself and your family!
- Eating a variety of food gives you the nutrients you need to stay healthy.
- Choose whole grains such as oatmeal, brown rice, whole wheat bread, and pasta.
- Drink water instead of sweetened beverages.
- For more healthy eating tips, go to <https://www.myplate.gov>.

### PHYSICAL ACTIVITY

Did you know that physical activity gives you more energy? It also lifts your mood, helps you feel more relaxed and sleep better! Slowly build up to 30 minutes or more of moderate-intensity activities each day.

Some ideas of moderate-intensity activities:

- Walk fast
- Ride a bike
- Swim
- Dance

Ask your health care provider about the best physical activity for you.

### EMOTIONAL HEALTH

It is common to feel a mix of emotions during pregnancy and after having a baby. Changes during pregnancy, giving birth, changing hormones, and sleep patterns can make you feel sad. You may cry more easily, have trouble eating or sleeping, and feel overwhelmed caring for a new baby. To help with these feelings, eat well, rest often, and ask your family and friends for support during this time.

If you feel sad and upset for more than two weeks, or are afraid you may hurt yourself or your baby, talk with your doctor or WIC staff.

### BE WISE - IMMUNIZE

Ask your health care provider for a complete schedule for necessary immunizations.



## **FOLIC ACID**

Take a supplement with 400 micrograms of folic acid every day. Use a prenatal vitamin during pregnancy and a multivitamin with folic acid at other times. Having enough folic acid in your body before a future pregnancy lowers your chance of having a baby with birth defects of the brain or spine. Along with a supplement, choose foods high in folic acid.

Foods with folic acid:

- Fortified cereals
- Enriched bread and pasta
- Dark green leafy vegetables
- Orange juice
- Beans

**The folic acid needs to be in your body before you get pregnant and in the first month of your pregnancy.**

## **FEEDING BABY**

- Health care providers recommend breast/chestfeeding for the first year and longer if you choose.
- Human milk has just the right nutrients for growth and development.
- Human milk helps baby fight infection and be sick less often. Breast/chestfeeding helps protect your health too.
- Breast/chestfeeding promotes bonding with baby.

## **AVOID ALCOHOL, TOBACCO, AND DRUGS**

Do not smoke, drink, or use drugs. Use medications as directed. The choices you make today can affect your family's health now and in the future.

Quitting is hard. Ask WIC staff where you can go for help. You are not alone. There are people who can help you quit, give you tips, and support you along the way.

