



Wearing my baby is a new workout.

Breastfeeding is the ultimate food for babies.

It provides them with essential nutrients to grow. Breast milk has antibodies that can help infants to fight diseases. Along with many benefits to the baby, breastfeeding mothers benefit as well, breastfeeding reducing risks of breast cancer. After giving birth to your infant you are not only concerned about taking care of your baby, you might also be concerned about losing pregnancy weight. The good news are that you can do both.

MIDDLE TOP INSIDE
PANEL - YOU SEE
THIS FIRST WHEN
YOU OPEN THE
FRONT COVER

Workout Alternatives

Try out baby wearing.

Wearing your baby can be the new dumbbells. Baby wearing can help you do tasks while keeping your baby close and calm. As your baby grows your body is gaining strength from carrying extra weight gradually. It is important to keep your back straight to prevent muscle strains.

Why Healthy defaults?

Healthy defaults are adjustments on your daily life that can contribute to your health with minimum effort. Examples can be taking the stairs instead of elevator, wearing your baby instead of pushing a stroller, replacing soda with water, and desert with sugar. The reason for choosing Healthy default is to make a difference without major effort. As a new mother you have a lot on your plate and can benefit from Healthy defaults.⁴

Contact Us

Phone: +96599063451
Email: nzaza@une.edu



**DEFEAT THE
OBSTACLES
FACING YOU
WHILE TRYING
TO LOSE
PREGNANCY
WEIGHT.**

**A CALL FOR
BREASTFEEDING
MOTHERS.**



Food Alternatives:

Cutting calories can decrease milk supply, lactating mothers need extra calorie, about 500 Cal/day. (Charbonneau, 1993) These extra calories need to be rich with nutrients.

You can take some steps to opt for healthy

Eating habits:

- Alternate white bread, pasta, and rice with whole grain bread, pasta, and rice.
- Choose fruits as your desert.
- Use banana and pumpkin as a sweetener in your waffles and pancakes.

Can I lose weight without compromising my milk supply?

Few changes in your daily life can help you take steps towards a healthier you

“Breastfeeding burns about the same amount of calories as a 1-hour spinning class.”²

Jennifer Whidby, 2001.

First Few Weeks

For the first few weeks try to focus on nourishing yourself and your baby. Eat healthy and take a lot of rest. You can go for short walks with your baby to get some fresh air.

Healthy Snacks are your best friends.

Having healthy snacks within arm reach can prevent you from going so hungry. You can prepare your snacks for couple of days or ask someone to help you. Healthy snacks can be cut vegetables, fruits, raw nuts, and granola bars.



When a baby is born a new mother is born, No matter how many Kids you have, having a new baby can be overwhelming. Rest and delegate tasks to friends and family member. Your job is to take care of yourself and you baby.

Hydrate

It is very common to mistake thirst for hunger.³ Keep yourself hydrated by drinking adequate amount of water. Coconut water can be a good drink if you are used to sugary juices. Alternate soda with sparkling water to cut the extra sugar.

References:

1. Charbonneau K. Just Another 500 Calories: Nutrition for the Breastfeeding Woman. *International Journal of Childbirth Education*. 1993;8:16-18.
2. Whidby J. Breastfeeding burns calories. (Mailbag).(Letter to the Editor). *Prevention*. Rodale, Inc; 2001;53:36.
3. McVeigh G. Don't mistake thirst for hunger. *Prevention*. Rodale, Inc; 2005;57:102.
4. Anzman-Frasca S, Mueller MP, Sliwa S, et al. Changes in children's meal orders following healthy menu modifications at a regional US restaurant chain: Changes in Children's Meal Orders. *Obesity*. 2015;23:1055-1062.