



## What are Healthy Defaults?

Healthy defaults are choices that promote healthy behaviors in an easy and simplified way.

Some examples of healthy defaults are:

- Taking the stairs instead of the elevator
- Use a small amount of olive oil or vegetable oil in place of butter, lard, or ghee
- Cut the soda – drink sparkling water with fruit
- Choose Greek frozen yogurt instead of full-fat ice cream

## Make Your Health a Priority

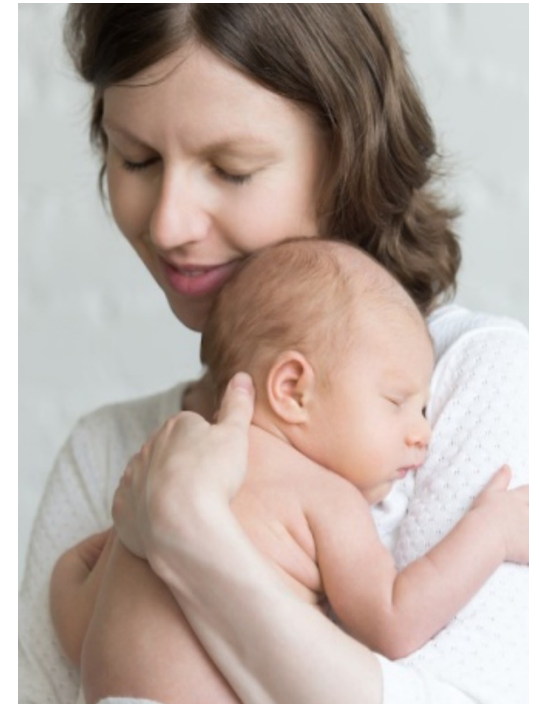
Now that you have given birth to your baby, it is important to live a healthy lifestyle and eat plenty of foods that are good for you. If you are breastfeeding, the food you eat will help your baby to grow big and healthy too.

Make your health a priority by eating nutritious foods, getting exercise, and reducing your risk for obesity and chronic diseases.

### References:

1. Obesity. Mayo Clinic, 2020.
2. Nutrition For New Mothers. Beaumont Health, 2020.
3. Postpartum Diet and Exercise. ParentHelp123, 2015.

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APN 625 – Education Materials



## Nutrition For New Mothers:

### Healthy Defaults For A Healthier You



## Reduce Risk For Obesity & Other Chronic Diseases

### Why?

Being overweight or obese increases your chances of developing serious diseases, such as heart disease, diabetes, high blood pressure, and certain cancers.<sup>1</sup>

### How?<sup>1</sup>

- Make healthy food choices
- Avoid drinking your calories
- Be active everyday

## Pros of Healthy

### Defaults

- Easier and painless for you to make healthier choices
- You still have the power to make decisions

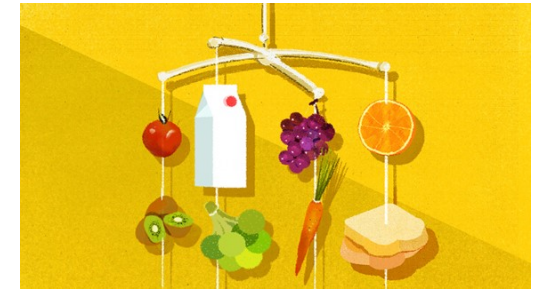
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*Proper nutrition and exercise is important for all, and it's especially important for new moms who strive to keep her and her family healthy and happy.*

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## Postpartum Healthy Defaults

- Plan simple, healthy meals ahead of time
- Prepare cut up vegetables, like celery and peppers, so they are available whenever you feel like snacking
- Choose low-fat or fat-free milk products
- Make a grocery store list and avoid shopping when you are hungry



## For Breastfeeding Mothers<sup>2,3</sup>

- Drink plenty of fluids. Have water to drink while breastfeeding
- Eat when you feel hungry. Have a snack available that you can eat with one hand while you are breastfeeding
- Eat a variety of healthy foods to get the enough calories, vitamins and minerals
- Avoid drinking alcohol while breastfeeding
- With approval from your doctor, try going for a 20-30 minute walk to get some exercise