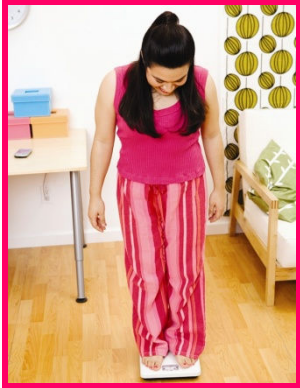


WEIGHT LOSS

The baby is here! Now is the time many new moms think about losing the weight gained during pregnancy. Check out the facts below regarding dropping those excess pounds.



Moms who gained 25-35 pounds during pregnancy can expect to lose 12-14 pounds at delivery. That leaves 13-21 pounds of weight to lose in the months after the baby is born.

The best time to begin to think about losing weight is when your baby is six weeks old. Remember your body has undergone great changes and needs time to adjust after the stress of labor and delivery.



Do not go on a diet! Many fad diets are low or deficient in important nutrients. Your body needs recommended amounts of vitamins and minerals and protein to replace nutrient stores lowered by pregnancy. The next section talks about the healthy way to lose those extra pounds.



Much of the weight gained during pregnancy is to prepare the mother's body to breastfeed. An advantage of breastfeeding is losing this stored fat more quickly. (To learn what you should eat while breastfeeding, see [Eating Tips for Moms Who Are Breastfeeding](#).)

Breastfeeding Moms (After You Deliver)

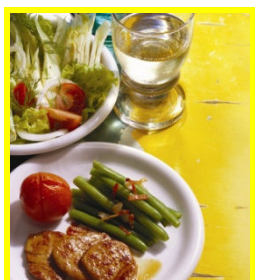
The best guide for losing those extra pounds gained during pregnancy includes healthy eating and exercise. Read the information below for eating and exercise tips that can help you lose weight.



What you drink is important! Drink water instead of colas, soft drinks, and high-sugar fruit drinks. Water is good for you and is calorie free!

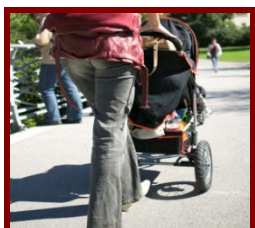


It is best to limit fruit juice to about one cup a day. This amount will supply many important vitamins and minerals, but more than one cup will only add calories!



Choose fruit (fresh or canned) for a snack instead of chips, snack crackers, cookies, and candy. Most snack foods are high in fat and calories and low in vitamins and minerals.

Eat one average helping of food at mealtime. My Plate* is a good pattern to use. Remember, you are just eating for you now!



At your six weeks check-up, ask your doctor about exercise. If he or she says it is okay, start walking 10 minutes each day. Try to increase the time you walk by five minutes each day until you are walking 20 minutes a day.



Do not get discouraged if the weight does not come off quickly! It took nine months to gain the weight, and it may take four to six months to lose it. The longer it takes to come off, the longer it will stay off!

*Visit www.MyPlate.gov

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