

Module D:

POSTPARTUM NUTRITION

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POSTPARTUM NUTRITION OVERVIEW

Introduction

This module provides information for breastfeeding and non-breastfeeding postpartum women.

Learning Objectives

After completing this module the Trainee will be able to:

- Describe the general nutritional needs of postpartum women.
 - Describe common postpartum problems and identify solutions to these problems.
 - Identify indicators of nutritional need and specify conditions for a postpartum woman's WIC eligibility.
 - Discuss family planning.
 - In a case study situation, assess a postpartum woman's anthropometric, biochemical, clinical, and dietary status.
 - In a role-play situation, interview and provide individual education to a postpartum woman.
-

AFTER THE BIRTH

Definition of Postpartum

Postpartum is the period of time after pregnancy ends.

Postpartum women are women who have recently given birth.

Postpartum Period May Be Stressful

For the new mother, the postpartum period may be quite stressful. This may be due to:

- The physical stress of pregnancy and delivery.
- The large amount of work to do with little time for rest or sleep.
- The need of other family members for attention while the new baby becomes the focus of attention.
- Hormonal shifts may cause temporary “baby blues”.

Sometimes because of stress the new mother may forget about her own health and nutrition.

Needs of the New Mother

The postpartum period is a time of dramatic emotional and physical change for the new mother.

Whether breastfeeding or bottle feeding, the new mother should be encouraged to take care of herself. She will need to:

- Replace the nutrients lost during pregnancy and delivery,
 - Return to a healthy weight,
 - Eat a healthy diet,
 - See her doctor for the postpartum medical visit, and
 - Consider family planning.
-

Learning Activity 1

To help you learn more about experiences a new mother may have, you may want to try **Learning Activity 1** found at the end of this module.

NUTRITIONAL NEEDS OF POSTPARTUM WOMEN

Importance of Postpartum Woman's Diet

The postpartum woman needs to eat a nutritious diet:

- To replace the nutrients she lost during pregnancy.
 - For energy.
 - To maintain her health.
-

Nutrition Recommendations

The chart on the next page lists general nutrition recommendations for postpartum women.

Recommended Diet

A postpartum woman's diet should replace nutrients lost during pregnancy and include nutrients needed to maintain her health. This can prevent fatigue and prepare her to be well-nourished in the event of a future pregnancy.

Recommended Food Group Servings

Use the *MyPlate* and the *Food Guide for Women* chart on the following pages to guide you when talking with a postpartum participant.

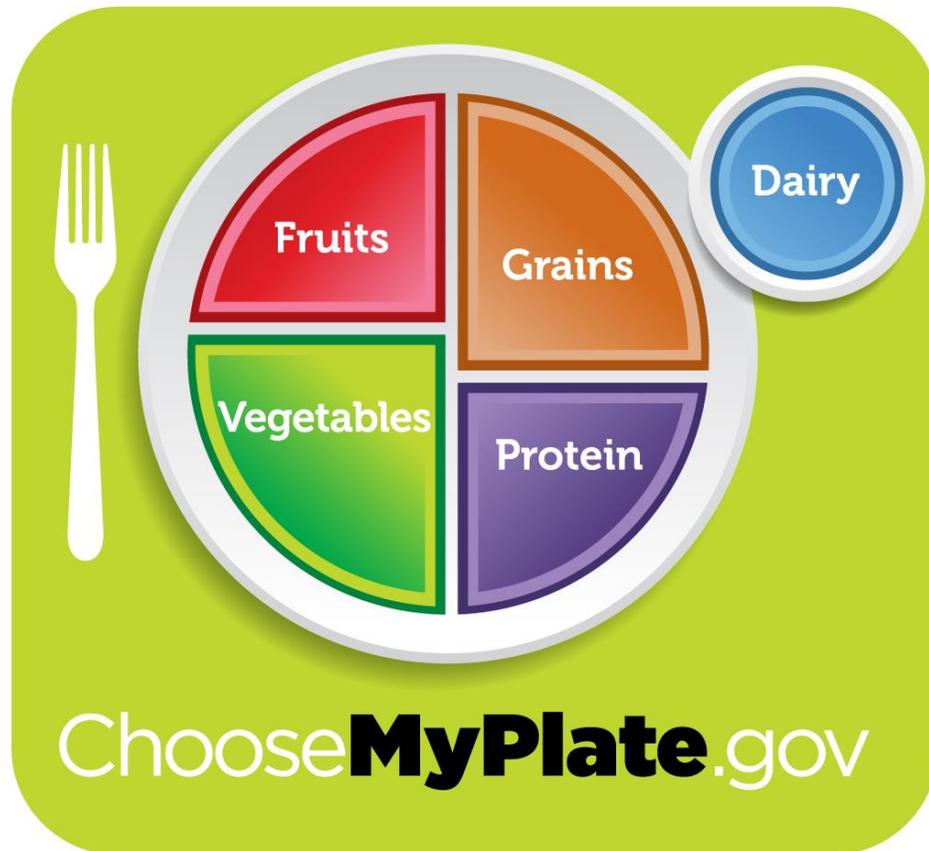
NUTRITIONAL NEEDS OF POSTPARTUM WOMEN *(continued)*

General Nutrition Recommendations for Postpartum Women

- Eat a wide variety of nutrient dense foods.
- Eat the recommended servings from each food group using the *MyPlate* as a guide for family meal selection and preparation.
- Use foods and recipes requiring little or no preparation. (avoid high-fat fast foods)
- Continue multi-vitamin supplement as needed including 400 micrograms of folic acid.
- Consume iron-rich foods as well as foods in folic acid
- Take in plenty of fluids such as water and soups.
- Avoid:
 - Fad weight reduction diets
 - Harmful substances (such as alcohol, tobacco and drugs)
 - Excessive intake of fat, salt, caffeine, sugar, and artificial sweeteners

NUTRITIONAL NEEDS OF POSTPARTUM WOMEN *(continued)*

[MyPlate | Choose MyPlate](#)



NUTRITIONAL NEEDS OF POSTPARTUM WOMEN *(continued)*

<p>Amount per day</p> <p>Breads, Grains, & Cereals 6 to 8* of these choices * 8 to 10 if breastfeeding</p>	<ul style="list-style-type: none"> • Bread, tortilla, roll, pancake – 1 • Bagel, English muffin – 1/2 • Dry cereal – 1 cup • Noodles, rice, cooked cereal – 1/2 cup • Crackers – 4 <p>Eat more whole grain foods (like whole wheat bread, oatmeal, corn tortillas, brown rice).</p>	
<p>Vegetables 3 cups of these choices</p>	<ul style="list-style-type: none"> • Cooked vegetables • Raw vegetables <p>Eat a dark green or orange vegetable every day, like carrots, broccoli, spinach, greens, sweet potato, or squash.</p>	
<p>Fruits 2 cups of these choices</p>	<ul style="list-style-type: none"> • Fresh fruits • Canned or frozen fruits • Juice – 3/4 cup <p>Eat a good vitamin C fruit every day, like orange, strawberries, melon, mango, papaya, or WIC juices (only 1 serving of juice).</p>	
<p>Milk Products 3 to 4* of these choices * 4 for teens</p>	<ul style="list-style-type: none"> • Milk – 1 cup • Cheese – 1 1/2 ounces • Cottage cheese – 2 cups • Yogurt, pudding or custard made with milk – 1 cup • Frozen yogurt, ice cream – 1 1/2 cups <p>Choose mostly nonfat or lowfat milk products.</p>	
<p>Protein Foods 6 of these choices</p>	<p>Animal Protein</p> <ul style="list-style-type: none"> • Meat, chicken, turkey, fish – 1 ounce • Egg – 1 <p>Vegetable Protein</p> <ul style="list-style-type: none"> • Cooked dry beans, peas, lentils – 1/4 cup • Peanut butter – 1 tablespoon • Tofu – 1/4 cup <p>Eat some vegetable protein foods every day!</p>	
<p>Fats, Oils, & Sweets</p>	<p>It is OK to eat these foods <i>once in a while</i>.</p>	

NUTRITIONAL NEEDS OF POSTPARTUM WOMEN *(continued)*

<p>Needs May Vary</p>	<p>The number of servings from each of the food groups recommended for a postpartum woman may differ slightly depending on the postpartum woman's needs. The number of servings will depend on the woman's:</p> <ul style="list-style-type: none"> • Age • Body size • Activity level • Weight before pregnancy • Weight gained during pregnancy • Breastfeeding status <p>For example, a tall, breastfeeding teen who was underweight before she became pregnant and gained only 18 pounds during her pregnancy will need more servings from the food groups than an overweight short adult woman who gained 35 pounds during pregnancy.</p>
<p>Needs of Teens</p>	<p>Postpartum teens have slightly greater nutritional needs than other women.</p> <p>Teens should have <u>4 servings</u> of foods from the Milk Products group <u>every day</u> to get the calcium needed for bone growth.</p>
<p>Needs of Breastfeeding Women</p>	<p>Fully breastfeeding women, when compared to non-breastfeeding women, usually need:</p> <ul style="list-style-type: none"> • About 300-500 more calories per day. • At least six food servings from the Protein Foods group per day. • Plenty of water, drink 8 ounces with every nursing. <p>Her caloric needs will be greatest during the first six months if fully breastfeeding. If the baby is supplemented with formula the caloric intake is less.</p>
<p>Needs of Women Recovering from C-Sections</p>	<p>Postpartum women who are recovering from Cesarean sections (C-Section) need nutrients for healing. They need to take in adequate amounts of:</p> <ul style="list-style-type: none"> • Vitamin C and • Protein
<p>Women with Special Needs</p>	<p>Postpartum women who have special needs, such as diabetes, hypertension, or cancer, should be referred to the Nutritionist.</p>

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COMMON PROBLEMS

Problems & Concerns	<p>There are several common problems concerning postpartum women's experience. These are:</p> <ul style="list-style-type: none">• Anemia• Constipation• Depression• Discomfort• Fatigue• Getting in shape <p>Become familiar with these problems so you can help postpartum women identify solutions.</p>
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Chart of Problems & Solutions

The chart on the next three pages lists these problems and some possible solutions.

Learning Activity 2

To help you learn more about postpartum problems, you may want to try **Learning Activity 2** found at the end of this module.

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COMMON PROBLEMS *(continued)*

Problem	Solution(s)
<p>Anemia (low iron levels in the blood) Hemoglobin ≤ 12 g/dl or Hematocrit ≤ 35.7 %</p> <p>Anemia is commonly due to:</p> <ul style="list-style-type: none"> • Low iron stores • Multiple fetuses • Demands of pregnancy • Blood loss at and after delivery (as in C-sections) 	<ul style="list-style-type: none"> • Eat iron-rich foods (such as beef, chicken, fish, beans and iron-fortified cereals) along with Vitamin C-rich foods (such as orange juice, tomatoes, and broccoli). Vitamin C helps the body with iron absorption. • Cook foods in cast-iron cookware. • Continue to take prenatal vitamins or iron supplements with doctor approval. • Decrease intake of coffee and tea (As they interfere with iron absorption).
<p>Constipation (less often than usual or difficult bowel movements) may be due to:</p> <ul style="list-style-type: none"> • Stress on stomach and intestines during delivery • Inappropriate diet 	<div style="border: 1px solid black; padding: 5px; text-align: center; margin-bottom: 10px;"> <p><i>Recommend participant see her doctor if situation lasts for more than a week.</i></p> </div> <ul style="list-style-type: none"> • Drink: <ul style="list-style-type: none"> ○ Plenty of fluids to help keep the stool soft. ○ Small amounts of prune juice. ○ Hot or very cold liquids to bring on a bowel movement. • Eat high-fiber foods (such as bran cereals, whole-grains, dried fruits, fresh fruits and vegetables). • Do mild exercise (such as walking) each day. • Do not force bowel movements. • Do NOT use: <ul style="list-style-type: none"> ○ Laxatives unless advised by a doctor. ○ Mineral oil (it interferes with absorption of fat-soluble vitamins).
<p>Discomfort (such as breast soreness and aches and pains from delivery)</p>	<div style="border: 1px solid black; padding: 5px; text-align: center; margin-bottom: 10px;"> <p><i>If woman is breastfeeding, refer her to a lactation specialist.</i></p> </div> <ul style="list-style-type: none"> • Get plenty of rest • Note: Discomfort is common among new mothers

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COMMON PROBLEMS *(continued)*

Problem	Solution(s)
<p>Depression Postpartum Depression or “Baby Blues” are feelings of sadness after delivery and may last for up to 3-6 months.</p>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> <p><i>Recommend participant to see her doctor if she appears severely depressed, cries constantly, has a blank stare, or seems unable to cope and follow-up at next visit.</i></p> </div> <ul style="list-style-type: none"> • Postpartum depression (lasts longer): <ul style="list-style-type: none"> ○ Is very common (2/3 of all new mothers experience it). ○ May be caused by changes in hormone levels. • Talk about concerns with others for emotional support and understanding. • Participate in a new mothers support group. • Do something special for self. • May wish to speak with health care provider.
<p>“Baby Blues”</p>	<ul style="list-style-type: none"> • Brief timeframe, usually about 2 weeks • General sadness vs. hopelessness • More common
<p>Fatigue is probably the most common complaint for postpartum women. Fatigue is usually due to:</p> <ul style="list-style-type: none"> • Lack of sleep • Trying to “do it all” 	<ul style="list-style-type: none"> • Follow a healthy diet (Food Guide for Women). • Rest whenever possible (“nap when the baby naps” is especially helpful advice). • Go to bed early at night to make up for sleep lost during night feedings. • Ask family members to help out with household chores and meals. • Keep housework simple (do only what is needed).
<p>Getting in Shape Women often want to lose the extra weight gained during pregnancy right away.</p>	<ul style="list-style-type: none"> • Eat a nutritious diet. Cut down on high calorie food. Increase daily intake of fruits, vegetables, and whole grains. Maintain appropriate serving sizes. • Exercise regularly • Breastfeed • Do NOT: <ul style="list-style-type: none"> ○ Diet during the first few weeks after delivery ○ Fast to lose weight ○ Use fad diets ○ Use diet supplements ○ Eliminate any food group, except high fat and sugar • To lose weight: <ul style="list-style-type: none"> ○ Lose 1 to 2 lbs/week ○ Lose the last 5 to 10 lbs gradually over several months

FAMILY PLANNING

Definition	Family planning is planning the: <ul style="list-style-type: none"> • Number of children wanted. • Timing of wanted children.
Spacing Pregnancies	<p>WIC recommends women wait a year or more before getting pregnant again. This time allows:</p> <ul style="list-style-type: none"> • Each child to spend time with her/his mother. • The family to save some money (since diapers and clothes are costly). • The mother to replace the nutrients her body used during pregnancy (especially nutrients such as iron, folic acid, Vitamins B6 and B12, and calcium). • The family to adjust to the new family member. • Less financial burden on parents. <p>Waiting longer than a year is even better. Pregnancies spaced 18-23 months result in lower risk of:</p> <ul style="list-style-type: none"> • Low birth weight. • Premature deliveries.
Family Planning Methods	<p>Family planning methods are ways to prevent pregnancy.</p> <p>The method a participant chooses will depend on:</p> <ul style="list-style-type: none"> • Health risks (such as protection from sexually transmitted diseases). • Convenience of use. • Cost. • Effectiveness. • Lifestyle. • Reversibility. • Cultural beliefs. <p>Refer postpartum women to their health care provider to discuss family planning.</p>

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PROGRESS CHECK

1. A postpartum woman will need to: *(Put a check mark (✓) next to all possible answers.)*

- Replace nutrients lost during pregnancy and delivery.
- Eat a healthy diet.
- Send the newborn child's birth certificate to the Internal Revenue Service (IRS).
- See her doctor for the postpartum medical visit.
- Consider family planning.

2. Fill in the food groups chart below. Write in the range of choices recommended for postpartum women, the specific number of Milk Product choices recommended for teens, and the number of Protein Foods choices recommended for breastfeeding women.

Food Group	Number of Choices		
	Range of Choices	Teens	Breastfeeding Women
Breads, Cereals & Grains			
Vegetables			
Fruits			
Milk Products			
Protein Foods			

PROGRESS CHECK *(continued)*

3. The number of choices recommended for a postpartum woman will depend on her:
(Put a check mark (✓) next to all possible answers.)

- Breastfeeding status
- Age
- Weight gain during pregnancy
- Income
- Activity level
- Food preferences

4. Mark the following as “TRUE” or “FALSE”.

- Vitamin C and protein are needed to help women heal after a C-Section.
- Regular exercise will help a woman lose the weight gained during pregnancy.
- Constipation is never a problem for women after delivery.
- Fasting is a healthy way for a postpartum woman to lose weight.
- Postpartum depression only affects women who have a history of mental health problems.
- “Nap when the baby naps” is good advice for the new mother.
- To help new mothers prevent fatigue, encourage them to keep housework simple (do only what is needed) and to NOT try to “do it all”.
- The loss of blood during delivery can cause anemia.

PROGRESS CHECK *(continued)*

5. Name 3 problems common to postpartum women.

6. Match the common postpartum problem to a possible solution.

<u>Problem</u>	<u>Solution</u>
____ Anemia	(A) Eat foods high in iron and Vitamin C
____ Constipation	(B) Exercise regularly
____ Fatigue	(C) Increase the amount of fiber in the diet
____ Depression	(D) Nap when the baby naps
____ Getting in Shape	(E) Join a new mother's support group

7. Name 3 reasons why a couple may wait a year or more between pregnancies.

LEARNING ACTIVITIES

The following activities are included and are recommended for interactive learning:

- **Learning Activity 1:** Birth & Postpartum Experience
- **Learning Activity 2:** Discussion of Postpartum Issues
- **Learning Activity 3:** Observations
- **Learning Activity 4:** Case Scenarios
- **Learning Activity 5:** Role Plays

*Review *Breastfeeding Objectives* in Task III, Module C for information on supporting the postpartum mom and her baby.

Activity 1: Birth & Postpartum Experience

Learning Objectives	After completing this activity the Trainee will be able to describe what a new mother may experience during and after the birth of her child.
Instructions	<ol style="list-style-type: none">1. Arrange to talk to a friend or relative who has recently given birth. (If this person does not feel comfortable talking about her experience, or such a person is not available to you, ask your mentor or supervisor for a CD-ROM, pamphlet, book, or video describing the postpartum period.)2. Interview your friend or relative (or review the video, CD-ROM, and/or reading materials).3. Answer the questions on the next page.4. Discuss your findings with your mentor or supervisor.

Activity 1: Birth & Postpartum Experience *(continued)*

What was the birth experience like for you? Did you have a vaginal or a C-Section delivery?

Did you have any complications?

- fetal distress?
- fetus in risky position?
- pregnancy-induced hypertension?
- prolonged labor?
- other complications? _____

What emotions did you have before, during, and after the delivery?

What were the first few weeks after delivery like for you?

- postpartum depression?
- fatigue?
- constipation?
- hemorrhoids?
- discomfort?
- other? _____

Activity 2: Discussion of Postpartum Issues

Learning Objectives	After completing this activity, the Trainee will be familiar with some of the postpartum issues in WIC.
Instructions	<ol style="list-style-type: none"> 1. Have your supervisor or mentor arrange for you to spend about one hour with a WIC staff person. 2. Ask the staff person to discuss her/his experiences with postpartum issues at WIC. 3. Ask such questions as: <ul style="list-style-type: none"> • <i>What are the most common nutrition problems among the breastfeeding and non-breastfeeding postpartum participants you see?</i> • <i>What are some challenges you experienced in assessing a postpartum woman's nutritional status?</i> • <i>What are your suggestions for new staff preparing to address the needs of postpartum women?</i> 4. Write down your notes on the next page. 5. When you are finished, discuss your findings with your mentor or supervisor.

Activity 2: Discussion of Postpartum Issues *(continued)*

Notes:

Activity 3: Observations

<p>Learning Objectives</p>	<p>After completing this activity, the Trainee will be able to explain how to:</p> <ul style="list-style-type: none"> • Interview a postpartum woman • Assess a postpartum woman’s nutritional status • Prioritize needs • Provide individual education
<p>Instructions</p>	<ol style="list-style-type: none"> 1. Have your mentor or supervisor arrange for you to observe several individual nutrition education sessions with postpartum women. 2. Observe the staff person as she/he: <ul style="list-style-type: none"> • Assesses the woman’s needs/problems • Prioritizes these needs/problems • Provides individual education <p>Note staff:</p> <ul style="list-style-type: none"> • Offering participant an opportunity to see a nutritionist, and • Using the appropriate code in the Follow-up Education section. 3. Write down your notes on the next page. 4. Discuss your observations with your mentor or supervisor.

Activity 3: Observations *(continued)*

Notes:

Activity 4: Case Scenarios

<p>Learning Objectives</p>	<p>After completing this activity, the Trainee will be able to assess a postpartum woman's anthropometric, biochemical, clinical, and dietary status.</p>
<p>Instructions</p>	<ol style="list-style-type: none"> 1. Read each of the 5 case scenarios on the following pages. 2. Obtain the following for the case scenarios: <ul style="list-style-type: none"> • Pre-pregnancy weight for height table • BMI chart • WIC MIS terminal for simulations (if available) 3. Using the pre-pregnancy weight for height table or a BMI chart, assess the woman's weight. Is her weight: <ul style="list-style-type: none"> • Under • Over • Normal 4. Identify the woman's biochemical, clinical, and dietary status. 5. Identify any referrals needed for participant. 6. Fill out the form following each case scenario. 7. When you are finished, discuss your responses with your supervisor or mentor.

Activity 4: Case Scenarios *(continued)*

Case Scenario 1:

Hannah is 23 years old. The following information is available about her:

- Height is 5 feet, 1 inch
- Weight is 150 pounds
- She had a C-section when delivering her son
- She breastfeeds her 2-month old son
- Hematocrit is 32.0%
- Smokes 6-10 cigarettes/day
- Nutrition Questions indicate she eats a diet low in:
 - Fruits and vegetables
 - Protein
 - No daily multi-vitamin

Assessment:

Weight: normal overweight underweight

What are her **anthropometric** risks?

What are her **biochemical** risks?

What are her **clinical** risks?

What are her **dietary** risks?

Referrals:

Activity 4: Case Scenarios *(continued)*

Case Scenario 2:

Elena is 16 years old. The following information is available about her:

- Height is 5 feet, 8 inches
- Weight is 166 pounds
- Hematocrit is 37%
- Her infant daughter died at 1 week of Sudden Infant Death Syndrome (SIDS)
- Nutrition Questions indicate she rarely eats whole grains

Assessment:

Weight: normal overweight underweight

What are her **anthropometric** risks?

What are her **biochemical** risks?

What are her **clinical** risks?

What are her **dietary** risks?

Referrals:

Activity 4: Case Scenarios *(continued)*

Case Scenario 3:

HuaMei is 28 years old. The following information is available about her:

- Height is 5 feet, 4 inches
- Weight is 122 pounds
- Hematocrit is 35%
- She miscarried at 15 weeks
- Nutrition Questions indicate she drinks only ½ cup of whole milk/day and no other dairy products.

Assessment:

Weight: normal overweight underweight

What are her **anthropometric** risks?

What are her **biochemical** risks?

What are her **clinical** risks?

What are her **dietary** risks?

Referrals:

Activity 4: Case Scenarios *(continued)*

Case Scenario 4:

Gloria is 30 years old. The following information is available about her:

- Height is 5 feet, 3 inches
- Weight is 163 pounds
- Hematocrit is 30.9%
- She breastfeeds her 3-month old son
- She lives in a motel
- She has been anemic for over a year and is not taking any iron supplements.
- Nutrition Questions indicate she has a diet low in protein.

Assessment:

Weight: normal overweight underweight

What are her **anthropometric** risks?

What are her **biochemical** risks?

What are her **clinical** risks?

What are her **dietary** risks?

Referrals:

Activity 4: Case Scenarios *(continued)*

Case Scenario 5:

Jamilla is 18 years old. The following information is available about her:

- Height is 5 feet, 3 inches
- Weight is 180 pounds
- Hemoglobin is 10.8 gm/dl
- She does not breastfeed her 5-month old son
- She also has an 18-month old daughter
- Nutrition Questions indicate she:
 - Rarely eats fruits or vegetables
 - Almost “lives on” nachos, pizza and sodas

Assessment:

Weight: normal overweight underweight

What are her **anthropometric** risks?

What are her **biochemical** risks?

What are her **clinical** risks?

What are her **dietary** risks?

Referrals:

Activity 5: Role Plays

Learning Objectives	<p>After completing this activity the Trainee will be able to:</p> <ul style="list-style-type: none"> • Interview a postpartum woman • Assess her nutritional status • Prioritize her needs • Provide individual education
Background	<p>A role play is a scenario in which two or more people act out a scene as though it was “real life”. Props are not needed but may be helpful.</p>
Instructions	<ol style="list-style-type: none"> 1. Ask your mentor, supervisor, or a co-worker to role play three of the five roles (A-E) described on the following page. 2. Using the information you have learned about postpartum nutrition, act out the role of a WIC Nutrition Assistant in a session with each of these three postpartum women. Promote breastfeeding where applicable. 3. Mentor/Supervisor/Co-Worker: Using the role plays as your guide, act out the role of the participant. Be as realistic as possible. 4. After each session, ask your co-worker to tell you what she/he noticed. Ask for feedback on your strengths as well as areas for improvement.

Activity 5: Role Plays *(continued)*

5 Participants

Role Play A	Cathy Douglas is 22 years old. She breastfeeds her 5-week old son whose birth weight was 10 lbs. She is 5 feet tall and weighs 110 lbs. Her hematocrit is 31%. She also has a 13-month old, 2-year old, and 3-year old. She says, "I only wanted 2 children!" Her Nutrition Questions indicate she eats very few fruits and vegetables.
Role Play B	Alicia Garcia is 17 years old. She breastfed her newborn son for 1 month and then stopped. She is 5 feet, 5 inches tall and weighs 162 pounds. Her hemoglobin is 10.2 gm/dl. She had a C-section. Her Nutrition Questions indicate she eats very few protein foods.
Role Play C	MeiLi Chu is 31 years old. She breastfeeds her newborn daughter. She is 5 feet, 4 inches tall and weighs 112 pounds. Her hemoglobin is 12.8 gm/dl. Her Nutrition Questions indicate she drinks whole milk.
Role Play D	Selena Juarez is 26 years old. She breastfeeds her newborn twins. She is 5 feet tall and weighs 180 pounds. Her hemoglobin is 11.2 gm/dl. Her Nutrition Questions indicate she eats a diet low in protein and eats few iron-rich foods.
Role Play E	Karen Johnston is 19 years old. She does not breastfeed her 3 month-old son. She is 6 feet tall and weighs 170 pounds. Her hemoglobin is 11.8 gm/dl. She currently lives in a battered women's shelter. Her Nutrition Questions indicate she eats very few whole grains.

PROGRESS CHECK ANSWERS

1. A postpartum woman will need to: *(Put a check mark (✓) next to all possible answers.)*

- Replace nutrients lost during pregnancy and delivery
- Eat a healthy diet
- Send the newborn child's birth certificate to the Internal Revenue Service (IRS)
- See her doctor for the postpartum medical visit
- Consider family planning

2. Fill in the food groups chart below. Write in the range of choices recommended for postpartum women, the specific number of Milk Product choices recommended for teens, and the number of Protein Foods choices recommended for breastfeeding women.

Food Group	Number of Choices		
	Range of Choices	Teens	Breastfeeding Women
Breads, Cereals & Grains	6-8		
Vegetables	3		
Fruits	2		
Milk Products	3-4	4	
Protein Foods	6		6

PROGRESS CHECK ANSWERS *(continued)*

3. The number of choices recommended for a postpartum woman will depend on her:
(Put a check mark (✓) next to all possible answers.)

- Breastfeeding status
- Age
- Weight gain during pregnancy
- Income
- Activity level
- Food preferences

4. Mark the following as “TRUE” or “FALSE”.

- TRUE** Vitamin C and protein are needed to help the woman heal after a C-Section.
- TRUE** Regular exercise will help a woman lose the weight gained during pregnancy.
- FALSE** Constipation is never a problem for women after delivery.
- FALSE** Fasting is a healthy way for a postpartum woman to lose weight.
- FALSE** Postpartum depression only affects women who have a history of mental health problems.
- TRUE** “Nap when the baby naps” is good advice for the new mother.
- TRUE** To help new mothers prevent fatigue, encourage them to keep housework simple (do only what is needed) and to NOT try to “do it all”.
- TRUE** The loss of blood during delivery can cause anemia.

PROGRESS CHECK ANSWERS *(continued)*

5. Name 3 problems common to postpartum women.

ANSWERS MAY INCLUDE:

- ***Anemia***
- ***Constipation***
- ***Depression***
- ***Discomfort***
- ***Fatigue***
- ***Getting in shape***

6. Match the common postpartum problem to a possible solution.

<u>Problem</u>	<u>Solution</u>
<u>A</u> Anemia	(A) Eat foods high in iron and Vitamin C
<u>C</u> Constipation	(B) Exercise regularly
<u>D</u> Fatigue	(C) Increase the amount of fiber in the diet
<u>E</u> Depression	(D) Nap when the baby naps
<u>B</u> Getting in Shape	(E) Join a new mother's support group

7. Name 3 reasons why a couple may wait a year or more between pregnancies.

ANSWERS MAY INCLUDE:

- ***Gives each child time to spend with her/his mother***
- ***Gives mother time to replace nutrients her body used during pregnancy***
- ***Helps lower the risk of low birth weight and premature infants***
- ***Helps the family adjust to the new family member***
- ***Allows family time to save some money for the next child***