

## External Links and Contacts



For additional information on The MOTHERS program, the online version of this pamphlet and links to all additional resources visit:

[www.themothersprogram.ca](http://www.themothersprogram.ca)

### **Nutritional Links:**

- For information and resources regarding Canada's Food Guide to healthy eating visit:  
[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)
- For tips on healthy eating and a guide to planning, shopping and cooking healthy meals visit:  
[www.dietitians.ca](http://www.dietitians.ca)
- For questions or concerns regarding healthy eating Dial-a-Dietitian at the KFL&A Public Health Unit at:  
613-549-1232 ext. 1224

### **Physical Activity:**

- For information on the Motiv8 program and a guide to physical activity visit:  
[kflapublichealth.ca/motiv8](http://kflapublichealth.ca/motiv8)
- For more information and a guide to physical activity opportunities available in the Kingston area visit:  
[www.kingstongetsactive.ca](http://www.kingstongetsactive.ca)
- For information about physical activity for new mom's visit:  
[www.caaws.ca/mothersinmotion](http://www.caaws.ca/mothersinmotion)



# Adjusting to Motherhood: *Health and Nutrition*



**The MOTHERS Program**<sup>TM</sup>  
**Mothers' Health Education, Research and Screening**



## The MOTHERS Program



**The MOTHERS Program** is a new approach to identifying risk factors for, and preventing, Heart Disease in women. Many women who deliver at the Kingston General Hospital will be invited back to a clinic at 6 months after delivery for further screening and counseling.

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**Visit us at:**

[www.themothersprogram.ca](http://www.themothersprogram.ca)

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## Congratulations Mom

**This is a very exciting time for you and your family!**

It is also an important time for you, mom. The first year after delivery is a great opportunity to adopt a healthier lifestyle, including healthy eating habits and regular physical activity.

Making healthy food choices and following an exercise routine will benefit your overall health and help fight diseases.

Encourage the whole family to develop a healthy lifestyle by eating healthy and doing fun physical activities together.

Remember, staying active means staying healthy!

**Change is always easier when you have support from family and friends. Encourage a healthy lifestyle by developing a plan together!**

## Physical Activity - Part of a healthy lifestyle

### Activities for Baby and Me

There are many ways you can get active with your baby!

- Go for a walk with your baby in a stroller
- Put some music on and dance with your baby at home
- Sign up for "Mom and Baby" fitness programs available in your community such as yoga, swimming or dance

### Health Tip

**New moms should drink 10 cups of fluid every day such as water, milk, 100% juice, tea or coffee.**

### Keeping a record of your daily physical activity and eating habits can help you reach your goals!

The KFL&A Public Health Unit's Motiv8 program can help you set realistic goals, develop a plan and track your progress. Visit the Motiv8 website to learn about the program and download the E-log. Use the log everyday to work your way to a healthy lifestyle!

[www.kflapublichealth.ca/motiv8](http://www.kflapublichealth.ca/motiv8)



### The benefits of eating well and being active:

- Help you reach and maintain a healthy body weight
- Give you more energy
- Improve sleep
- Reduce stress
- Stronger muscles and bones
- Lower your risk of heart disease
- Better overall health
- Feeling and looking better

## Physical Activity - Tips and Guidelines

**Physical Activity** includes all types of movement or exercise and can vary from low to moderate and high intensities.

Here are a few examples:

### Low Intensity

Walking  
Light stretches  
Household chores

### Moderate Intensity

Speed walking  
Yoga  
Casual biking

### High Intensity

Running  
Aerobics classes  
Uphill biking

The intensity that you choose to work at is very important, especially as you build up your routine to help with your weight loss.

The simple guide below may help you determine the intensity of any activity based on how your body feels.

***Try to gradually build up your routine to at least 60 mins of moderate intensity activity a day.***

**Very low Intensity** is how you feel when you are out for a stroll:

- There is no increase in your breathing or body temperature.
- You can easily talk and sing.

**Low Intensity** is a pace that is comfortable and relaxed:

- Your heart rate is raised slightly and you breathe normally.
- No noticeable increase in your body temperature.
- You can comfortably hold a conversation.

**Moderate Intensity** activity makes you feel like you are working:

- Your heart rate and breathing rate increase.
- Your body temperature increases and you may be sweating.
- You can talk, but you need to stop talking and take an extra breath every couple of sentences.

**High Intensity** feels like you are working very hard:

- Your heart is beating fast and you are breathing heavily.
- You will be sweating and feeling hot.
- You may not be able to sustain this intensity for a long time.
- You speak in short sentences and it is hard to keep talking.

For more information visit: [www.kflapublichealth.ca/motiv8](http://www.kflapublichealth.ca/motiv8)

## Nutrition - Getting Started!

The first few months of motherhood are always a busy time, and healthy eating is important. Eating right will give you the energy you need to take care of yourself and your baby.

Below is Canada's Daily Food Guide for adults aged 19-50. It is recommended that you follow this guide when you choose to stop breastfeeding. While breastfeeding, you are encouraged to eat as you did in your 3rd trimester by adding an extra 2 to 3 Food Guide servings to the suggested number of servings below. It is also recommended that you continue taking prenatal vitamins until you stop breastfeeding. Remember, nutrients from your food are passed to your baby through breast-milk.

### Daily Food Guide

Health Canada suggests the following number of daily servings from each food group:

**7-8** servings of vegetables and fruits

**6-7** servings of grain products

**2** servings of milk and alternatives

**2** servings meat or alternative

**2-3** tbsp of unsaturated oils and fats

### One Serving is Equal to...

#### Vegetables and Fruit

- ½ cup 100% vegetable or fruit juice
- ½ cup raw vegetables
- 1 cup leafy greens
- 1 piece of fruit about the size of a tennis ball

#### Milk and Alternatives

- 1 cup milk or fortified soy beverage
- 50g hard cheese about the size of 1½ thumbs

#### Meat and Alternatives

- 2 eggs
- ¾ cup of tofu
- 2 tbsp peanut butter
- 75 g fish, poultry or lean meat about the size of a deck of cards

#### Grain Products

- 1 slice bread
- ½ cup cooked rice or pasta

For more information visit: [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

## Nutrition – Shedding the Pounds with Healthy Food Choices

### Getting back to your pre-pregnancy weight

The best way to lose your pregnancy weight is by eating healthy and getting active. Most new moms get back to their pre-pregnancy weight by about 6 months after delivery, but remember, every woman is different. Many factors including the amount of weight gained during pregnancy, complications experienced during pregnancy and breastfeeding will affect your weight loss progress (Fun fact: breastfeeding can help you shed the pregnancy pounds! Most women who breastfeed lose weight faster than if they did not breastfeed).



Your progress will vary from week to week. Be patient, weight loss takes time. Remember, the healthy eating habits you develop now will improve you and your family's health for years to come!

### Little Changes, Big Differences

- ▶ Eat breakfast daily, it may help to control hunger later in the day
- ▶ Choose skim, 1% or 2% milk and water over sugary drinks
- ▶ Eat veggies and fruit at all meals and as snacks
- ▶ Read the Nutritional Facts on your food labels to compare different nutrient values of similar foods

### Still stuck for meal ideas?

Visit the *Dietitians of Canada website* and click on the 'Your Health' tab to get tips on planning, shopping and cooking healthy meals for the whole family.

[www.dietitians.ca](http://www.dietitians.ca)

## Nutrition - Dial-A-Dietitian

### Questions or concerns?

A registered dietitian at the Kingston, Frontenac, Lennox & Addington Public Health Unit can answer questions relating to food and nutritional needs.

**Dial-a-Dietitian in Kingston:  
613-549-1232, ext. 1224**



## Physical Activity - Getting Started

The first few months of motherhood will be a very demanding time. You may not feel you have the patience or the energy to be physically active on a regular basis, and that is okay.

Once you feel ready to be more active make sure to start slow; don't push yourself to do too much too soon. Begin by focusing on low intensity activities and gradually build up your exercise routine.

All moms should stay away from moderate or heavy exercise until after talking with their doctor. Your check-up 6 weeks after delivery is a great time to talk to your doctor about starting to increase your physical activity.

Breastfeeding moms: Low to moderate physical activity will not affect the quantity or quality of your breast-milk.

