

Jamison: Patient Education and Wellness

HANDOUT 9.12: DIETARY WELLNESS PROTOCOL DURING LACTATION

DIETARY AIMS

I avoid all over-the-counter and social drugs, but consider calcium, folate and iron supplementation

I get enough folate by eating spinach, broccoli, kidneys and nuts

I have four or more serves of low-fat dairy products each day

I have eight servings of bread and cereals

I have nine servings of vegetables and fruit

I eat complex carbohydrates in preference to refined processed foods

I have 6 teaspoons of fat and use olive oil in preference to margarine or butter

I select nutrient-dense foods

I avoid energy-dense foods

I start to return to my ideal body weight

CURRENT	INTENDED	ACHIEVED
Insert details of present activity	Insert date at which intended activity will be achieved	Insert progress report on new exercise behaviour

Dietary guidelines for:

Newborn <http://www.keepkidshealthy.com/newborn/newbornnutrition.html>

Aids to regain desired body weight

<http://calculators.epnet.com/?docid=healthcalculators/listofcalculators&token=9cc295f8-f3b0-4b15-99b3-beb1e6cbe599&DeliveryContext=healthlibrary&CollectionIID=509>

Important food choices:

<http://women.webmd.com/features/six-super-foods-every-woman-needs>