### Sample 1-Day Menu

Meal	Food Choices
Break- fast	1 <sup>1/2</sup> - 2 cups ready-to-eat, fortified cereal 1 cup (8 oz) fat-free or 1% milk 1 cup (8 oz) orange juice Hot beverage
Snack	1/2 whole wheat bagel 1-2 oz light soft cheese
Lunch	Sandwich with: 2 slices bread, 2 oz lunch meat, lettuce, 1 oz sliced cheese, tomato, mustard, and mayonnaise 1 cup carrot and celery sticks Fresh apple
Snack	1 cup (8 oz) low-sodium tomato or vegetable juice 6 oz light yogurt
Evening Meal	2-3 oz roast beef 1/2 cup mashed potatoes 1/2 cup broccoli 1 11/2 cup tossed salad with salad dressing
Snack	2-3 graham crackers 1 Tb peanut butter 1 cup (8 oz) fat-free or 1% milk

- 2200 total calories

## Alcoholic Beverages & Breastfeeding

When breastfeeding, it is recommended to wait until your baby is at least 3 months old until you drink alcohol. If you choose to drink alcohol, limit it to no more than one serving per day. 12 ounces of beer, 5 ounces of wine, or 1 <sup>1/2</sup> ounces of 80 proof liquor. Do not consume alcohol at least 2 hours before you plan to nurse.

# **Nutrition Care Division Provides...**

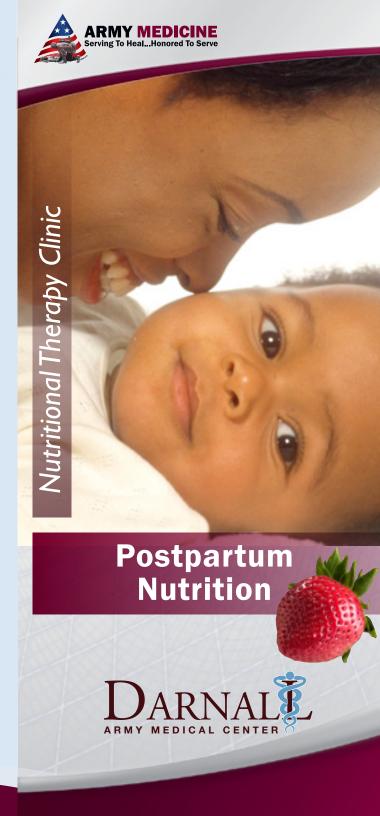
- Nutritious meals while you are staying with us.
   Please let us know if we can assist with your meal planning during your stay. You can call us at (254) 288-8861.
- A wide variety of classes and one-on-one consultations for your nutritional needs.
- Medical Nutrition Therapy for CRDAMC's beneficiaries at our outpatient clinic.

Call us for an appointment at (254) 288-8860.

We are located in the basement of CRDAMC,
next to the Dining Facility, room 0521



Carl R. Darnall Army Medical Center Public Affairs & Marketing Office Fort Hood, Texas 76544



### Safe Weight Loss and Excercise

- · You will lose about ten pounds during delivery
- Aim to lose 1-2 pounds per week, at this rate you should be back to pre-pregnancy weight in 6-9 months.
- Ask your doctor when you can start exercising. When you are allowed, be active every day.
   Do what you enjoy. Walking with your baby is a good choice.

### **Breastfeeding Nutrition**

- Eat the most nutritious foods you can to keep your energy up and to pass important vitamins and minerals to your baby.
- Producing breast milk uses many calories.
   Women who breastfeed exculsively need and additional 500-600 calories per day.
- Aim to eat at least 1800 calories. This will ensure your baby gets all of their vital nutrients and helps maintain your milk supply.
- Limit your fish consumption to no more than 12 ounces per week. Choose fish that are both low in mercury and high in Omega 3 fatty acids like salmon, mackerel, herring, sardines, rainbow trout, tilapia and crab.

	Eat More of These:	Eat Less of These:
Beverages Drink at least 12 cups of caffeine-free drinks per day	Fresh 100% fruit juice, milk, water	Beverages with added sugar; such as soda, coffee, tea, and alcoholic drinks.
Fruits 2 servings	Serving: - 1/2 cup canned in fruit juice, fresh frozen, or 100% fruit juice - 2 tbsp dried fruit Eat as a snack or dessert	Canned or processed fruits with added sugar or sauces
Vegetables 2-3 servings	Serving: - 1/2 cup cooked vegetables or low sodium vegetable juice - 1 cup raw vegetables Try raw vegetable sticks with salad dressing or a green entree salad	Canned or processed vegetables with added sugar, salt, or sauces
Fiber 25-30 grams a day	Whole grain cereals, wheat bread, brown rice, or wheat pasta. Look for at least 2-3 g fiber per serving on the food label	Bleached and processed grains, such as; white bread, white rice, and white pasta

