

## Sample 1-Day Menu

Meal	Food Choices
Breakfast	1 1/2 - 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 1/2 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 1/2 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



**ARMY MEDICINE**  
Serving To Heal...Honored To Serve

Nutritional Therapy Clinic



## Postpartum Nutrition



**DARNALL**  
ARMY MEDICAL CENTER

## Safe Weight Loss and Exercise

- 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.



	Eat More of These:	Eat Less of These:
<b>Beverages</b> 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.
<b>Fruits</b> 2 servings	Serving: - 1/2 cup canned in fruit juice, fresh frozen, or 100% fruit juice - 2 tbsp dried fruit <i>Eat as a snack or dessert</i>	Canned or processed fruits with added sugar or sauces
<b>Vegetables</b> 2-3 servings	Serving: - 1/2 cup cooked vegetables or low sodium vegetable juice - 1 cup raw vegetables <i>Try raw vegetable sticks with salad dressing or a green entree salad</i>	Canned or processed vegetables with added sugar, salt, or sauces
<b>Fiber</b> 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

## 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 exclusively 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:
<b>Protein</b> 2-3 Servings	Serving: - 3 oz of lean meat, poultry, & fish - 1 egg - 1/2 cup beans - 2 Tbsp peanut butter	Fatty and high sodium meats; such as bacon, sausage, salami, bologna, hot dogs, and pepperoni
<b>Calcium</b> 3 servings	Serving: - 1 cup of 1% or skim milk, plain yogurt, or cottage cheese - 1 oz low fat cheese or almonds - 3 oz sardines - 8 oz collard greens	Flavored milk, milk-shakes, ice cream or frozen yogurt, and creamed soup
<b>Sweets</b> Sparingly	Fresh fruits	White or refined sugar, candy, ice cream, cakes, pastries, cookies and fruit in heavy syrup
<b>Cooking Styles</b>	Foods that are baked, grilled, broiled or steamed	Foods that are fried, breaded, cooked in milk or meat based sauces, cooked with a lot of added fat or oil, or boiled foods, which lose a lot of their vitamins

