

Post Partum Weight Loss Tips

Here are some **TIPS** to help with postpartum weight loss:

- **Focus on recovery:** Your body has gone through nine months of tremendous changes and the delivery process has also been stressful on your body. Focus on your recovery for the first 4-6 weeks and know that it takes most new moms at least 8 –12 months to lose the baby weight.
- **Start a walking program:** Take your baby in a stroller with you. Each week, increase the time you walk by five-minute intervals so that by the end of six weeks, you are walking at least 30 minutes.
- **No fad diets:** Restricting what you eat can impact the quality of the milk your produce, and you may actually gain weight. Keep healthy snacks, like fruits and vegetables, available for when you feel hungry.
- **Be choosy about foods and drinks:** Choose foods that are high in nutrients and low in calories like fruit, vegetables, dairy products and whole-grain products like whole-wheat bread and whole-grain cereal. Choose broiled or baked rather than fried foods and limit your intake of sweets. Finally, although you should be drinking about 8 or 9 cups of fluids each day, watch what you drink – a surprising number of calories can be hidden in juice, soda, and coffee drinks. Water is always the best choice. Try sparkling water with a wedge of lemon or lime for a refreshing change.
- **Increase fruit & vegetable intake:** Make fruit or veggie smoothies. Use fruit, vegetable salsas or vegetable reduction sauces (sauces made from puréed vegetables) over fish or chicken. Add shredded carrots to your sandwich, try grilled vegetables, and try puréed vegetable soups.
- **Don't eliminate fats:** just choose the right ones! Including some fat at each meal will help you stay full and keep you from overeating. Healthy fats are mono- and polyunsaturated fats, like those in olive oil, avocado, olives, nuts and seeds, and fatty fish like salmon. Oils to avoid are saturated and trans fats, found in fatty cuts of red meat, some dairy products, many fried foods, snack foods and baked goods.