

HEALTHY YOU!

A guide to staying healthy after WIC



Keep Eating Well



Be Active



Get Folic Acid Every Day



Keep Breastfeeding



Know the Health Risks of Alcohol, Tobacco and Drug Use



Stay Immunized



Plan Your Family

Keep Eating Well



Eating well is about making food choices for a healthy lifestyle—not about being on a diet.

Every day:

- Eat a variety of vegetables.
- Eat calcium-rich foods, such as milk, yogurt, and cheese.
- Eat a variety of fruits.
- Choose whole grain foods.
- Eat healthy proteins, such as lean meats, nuts, and beans.

Find out more at [MyPlate.gov](https://www.MyPlate.gov).



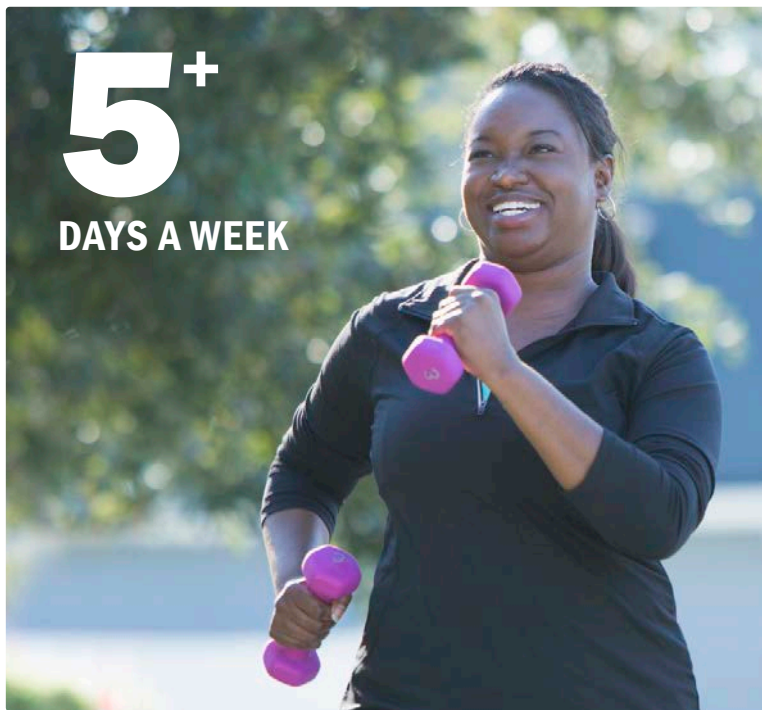
Be Active

30⁺
MINUTES

Being active helps you keep your body in shape, have more energy, feel better, and manage stress!

- Find activities that are fun and get you moving.
- Aim to be active at least 30 minutes 5 or more days a week. Try 10 minutes after breakfast, lunch, and dinner.
- Enjoy walking to the store, dancing with friends, and playing with your kids.

5⁺
DAYS A WEEK



Get Folic Acid Every Day



To get enough folic acid, you need to take a multivitamin with at least 400 micrograms (mcg) of folic acid, with food, every day. In addition, eat a varied diet rich in folate.

- Folic acid is a B vitamin your body needs to be healthy. Folic acid can help prevent birth defects of a baby's brain and spine.
- Folic acid is added to foods such as enriched breads, flours, pastas, rice, cornmeal, and cereals.
- Folate, a form of folic acid, is found naturally in foods such as leafy, dark green vegetables, citrus fruits and juices, lentils, and beans.



...acin	40%
Vitamin B ₆	100%
Folate 665mcg DFE (400mcg folic acid)	166%
Vitamin B ₁₂	250%
Biotin	100%
...othenic Acid	

Keep Breastfeeding



If you are breastfeeding, continue for as long as you and your baby choose.

- Each additional month of breastfeeding helps create a healthier future for you and your baby.
- Breastmilk is constantly changing to meet the nutritional needs of your growing baby.
- Continue to breastfeed your baby as your baby eats a greater variety of solid foods.
- For more information, visit [WICBreastfeeding.FNS.USDA.gov](https://www.WICBreastfeeding.FNS.USDA.gov).



Know the Health Risks of Alcohol, Tobacco & Drug Use



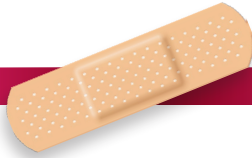
Protect yourself and your family from harmful substances.

There is **no safe time** to use tobacco, e-cigarettes, drugs or alcohol during pregnancy. Ask your WIC counselor about a program that can help you.

- Smoking is harmful to you and your family. Breathing secondhand smoke or e-cigarette aerosol is very harmful to infants and children.
- Drinking alcohol can make it harder to think clearly and make good decisions.
- Taking any street drug, or prescription medicines that are not yours, can be harmful to you and your family's safety.
- Find out more by calling 1-800-QUIT NOW or visiting quitnow.net/oregon



Stay Immunized



Keep your family protected by staying immunized. Immunizations (shots, vaccines) are a safe way to protect your family from harmful diseases like measles, mumps, polio and whooping cough (pertussis).

Ask your doctor or nurse what shots you and your family need and when.

For more information, please visit www.oregon.gov/oha/PH/PreventionWellness/VaccinesImmunization/Pages/index.aspx



Plan Your Family

MONTHS

18

If you plan to have more children, consider waiting at least 18 months between pregnancies. Your body needs time to recover and get to a healthy weight. Talk to your doctor or nurse about a birth control method that will work well for you.



Always check with your doctor or nurse if you have any questions or concerns. Learn more at [WomensHealth.gov](https://www.womenshealth.gov)



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