



Healthy Tips After Pregnancy

Remember to be realistic and patient. Very few experiences take a woman's body to the extreme like pregnancy and childbirth. Here are some tips to creating a healthy routine that can give you more energy to help you focus on what matters most: your new family!

EAT BALANCED MEALS & SNACKS

Maximize nutrients for weight loss. Eat a variety of whole foods in the right portions.

- Fill ½ your plate with fruits and veggies—the more colors, the better!
- Make lean protein part of all meals and snacks. Examples: one egg for breakfast; a handful of nuts or Greek yogurt for a snack; a bean burrito with veggies at lunch; grilled chicken or fish with brown rice and roasted veggies for dinner.
- Choose brown rice, oatmeal, and whole-grain breads, pastas, and cereals. They're higher in vitamins, minerals, and fiber than “refined” or white versions.
- Top salads and sandwiches with plant-based fats, such as ½ of an avocado or dressings made with olive oil to add heart healthy fat and flavor.
- Drink plenty of fluids, especially water and other low-sugar or low-calorie choices.
- Limit low-nutrient foods and drinks high in sugar, calories, or saturated fat.
- Measure your food to help keep an eye on portion sizes.
- Eat mindfully: Eat slowly, take smaller bites, put down your fork between bites, and limit screen time and other distractions.



EXERCISE REGULARLY

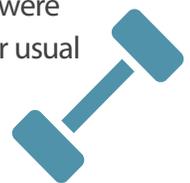
You might not be able to exercise as long or often as before you were pregnant, but some physical activity is important for your mind and body.

Exercise after pregnancy:

- Helps postpartum weight loss
- Reduces fatigue
- Improves mood
- Provides “me” time

Ask your healthcare provider when it's safe to start exercising again. You probably won't be as fit as you were before pregnancy, so be patient.

- Start with low-impact activities such as walking, swimming, biking, and yoga.
- Gradually increase intensity and length of activity, especially if you were less active before or during pregnancy. You likely can return to your usual activity soon if you were highly active before pregnancy.
- If you're breastfeeding, you'll probably feel more comfortable if you nurse or pump before you work out.



MAKE THE MOST OF BREASTFEEDING

You can breastfeed or pump and still lose weight safely without affecting the amount or quality of your milk. In fact, breastfeeding for 3 or more months can help weight loss after pregnancy.

Keep these nutrition tips in mind if you're breastfeeding:

- Eat about 500 extra calories a day to support your nutrition needs and help produce milk. Add 1–2 snacks during the day or increase your portions when you feel hungry.
- Drink plenty of water and limit caffeine and sugary drinks.
- Focus on a variety of foods to ensure you get enough vitamins and minerals, and ask your healthcare provider if you should take supplements.



COAST GUARD MATERNITY AND POST-PREGNANCY EXEMPTIONS

Coast Guard members don't need to meet weight and body fat standards during pregnancy but are still required to participate in all weight screenings.

- If you were pregnant less than 20 weeks, you're exempt for 6 months after your pregnancy ended.
- If you were pregnant 20 weeks or more, you have 12 months from delivery or the end of pregnancy to make weight.
- The Coast Guard recognizes that members may have body fat gain associated with the side effects of Assisted Reproductive Services (ARS) and/or the medications used for ARS. A member may request an ARS weight and body fat standards exemption through their Commanding Officer to Commander (CG PSC-psd) after a military physician has positively endorsed the ARS treatment plan.

Refer to the *Coast Guard Weight and Body Fat Standard Program Manual (COMDTINST M1020.8H)* for more information.

REACH OUT

The stresses of being a new mom can be overwhelming. Reach out to friends, family, and colleagues for support with your exercise, eating, and weight-loss goals. Use exercise and food apps, diaries, and activity trackers to help you monitor your progress, achieve your goals, and be mission-ready.

Learn more about healthy nutrition and exercise habits at:

<https://www.choosemyplate.gov/moms-breastfeeding-nutritional-needs>



**For more info, contact CG SUPRT at
1-855-CGSUPRT (247-8778) or CGSUPRT.com.**