



Postpartum Nutrition and Physical Activity Basics

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A lot of the women that we speak to are wondering about what should happen to their eating and their physical activity now that they've delivered and are no longer pregnant. The good news is a lot of the concepts that we've been trying to help you with through this website still apply now.

- *The healthy plate.* Having half of your plate be non starchy vegetables, a quarter being a protein source and the other quarter perhaps being a starchier source.
- *Using the hand to help with portion size.* Not everybody eats the same amount. If we're taller, if we're bigger, we need require more. So using that hand to guide to help you figure out how much protein to eat and how much starch to eat is really helpful.

It is true that during pregnancy you may have required a few calories more. You're not *eating for two*. You're eating for one and a growing baby. So you may have had a couple of snacks per day. And you may have been drinking a couple of glasses of milk that you might not have been doing before. If you are breastfeeding you may still need a little bit more of that nourishment and you may want to speak to your health care provider about what's right for you.

But the general principle of really thinking about what you're eating and eating mindfully and not eating just because you're stressed are important principles for all of us no matter whether we have diabetes or not.

In terms of physical activity, the recommendations are actually the same as they are for people who are pregnant or non pregnant. Try to accumulate at least that a couple of hours of moderate to vigorous physical activity a week. If you're using a step counter to try to hit more than 7000 steps per day and really more is better and 10000 is even better.