

Keep foods on hand that make a healthy choice easy.

Healthy foods will help your body recover and give you more energy to care for your new baby.



precut veggies like cauliflower, baby carrots and broccoli

fresh fruits like apples, oranges, bananas, grapes and pears



yogurt and cheese sticks

whole grain, low sugar cereals like bran cereal or shredded wheat squares



nuts and peanut butter



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