



OPTAVIA®



## Nursing Mothers Plan

Lifelong Transformation,  
One Healthy Habit At A Time.™

# Welcome to **OPTAVIA**!

At **OPTAVIA**, we believe you can live the best life possible, but that requires a healthy you. We help you achieve lifelong transformation by incorporating healthy habits into everything you do. These habits get your mind and body working together, to work for you. Every simple new habit, every healthy decision, every positive change leads to more.

We also believe Optimal Health is about what's added to your life, not what's subtracted from the scale. During this important time in your life, we want to help you increase your health, confidence and vitality as a new mom! The **OPTAVIA** for Nursing Mothers Plan is designed for the nursing mother whose baby is at least two months old. We offer a nutritionally balanced plan that encourages gradual weight loss while supporting your body's nutritional needs and encouraging the optimal growth of your nursing baby. Once your baby's diet is less than 30% breast milk, talk to your **OPTAVIA** Coach. You may choose to continue with this plan or move to the Optimal Weight 5 & 1 Plan®, which has a greater calorie and carbohydrate reduction for more rapid weight loss.

## Before You Begin

We recommend that you contact your healthcare provider before starting and throughout your **OPTAVIA** journey, especially if you are taking medications (e.g., diabetes medications, high blood pressure medications, Coumadin® (warfarin), lithium, thyroid medications etc.).

We recommend that you consult your healthcare provider prior to starting any weight loss program. Do not use any **OPTAVIA** Program if you are pregnant or under the age of 13. The **OPTAVIA** for Teens plan is the only **OPTAVIA** program appropriate for teens (13 to 17 years of age). If you have a serious acute or chronic illness (e.g., heart attack, diabetes, cancer, liver disease, kidney disease, anorexia, bulimia, etc.), do not use any **OPTAVIA** Program until your healthcare provider says you have recovered or stabilized. The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens (13 to 17 years of age), sedentary older adults (65 years and older), nursing mothers, people with gout, some people with diabetes, and those who exercise more than 45 minutes per day. For special medical or dietary needs, including food allergies, refer to our program information online and talk to your **OPTAVIA** Coach.

**NOTE:** Rapid weight loss may cause gallstones or gallbladder disease for those at high risk. While adjusting to intake of a lower-calorie level and diet changes, some people may experience temporary lightheadedness, dizziness or gastrointestinal disturbances.

*We recommend drinking 64 ounces of water each day. Talk with your healthcare provider prior to changing the amount of water you drink as it can affect certain health conditions and medications.*

*This Program and any of its materials do not in any way constitute medical advice or substitute for medical treatment.*

# Getting Started

**OPTAVIA** succeeds where other programs fail because we incorporate healthy habits in everything you do. Our plans are a good fit because they incorporate small meals every two to three hours, so carbohydrates and protein are spaced evenly throughout the day. And, all Fuelings are carbohydrate-controlled and generally lower in fat, making them a healthy choice for nursing mothers. As you begin, we encourage you to talk to your **OPTAVIA** Coach, who will help support you and steer you to success.

## Getting started is simple and easy:

- Eat at least 1,500 - 1,800 calories per day, including three **OPTAVIA** Fuelings. While you're nursing, you should not consume fewer than 1,500 calories per day.
- We recommend that nursing mothers start with the 1,500-calorie plan (see sample meal plans). If you lose more than one to two pounds per week or notice a decrease in your milk supply, switch to the 1,800-calorie plan. Some women may need even more than 1,800 calories each day.
- Refer to the food guide on the next page for foods and serving size options.



# Nursing Mothers Food Guide

Food Groups	1,500 calorie meal plan	1,800 calorie meal plan	Serving sizes
<b>Starches:</b> Whole Grains & Starchy Vegetables	2	4	<ul style="list-style-type: none"> <li>• 1 slice whole-grain bread OR two slices low-calorie, whole-grain bread (<math>\leq 40</math> calories/slice)</li> <li>• <math>\frac{3}{4}</math> cup unsweetened cereal (e.g. bran flakes)</li> <li>• <math>\frac{1}{2}</math> cup cooked cereal or bulgur</li> <li>• <math>\frac{1}{2}</math> cup cooked whole-wheat pasta or rice</li> <li>• 3 cups plain popped popcorn</li> <li>• <math>\frac{1}{2}</math> cup starchy vegetables like peas, corn, or sweet potato</li> <li>• 3 oz. baked potato (any kind)</li> <li>• 1 cup winter squash</li> </ul>
<b>Dairy</b>	3	3	<ul style="list-style-type: none"> <li>• 8 oz. (1 cup) unsweetened low-fat or fat-free milk (cow, soy, almond, or cashew)</li> <li>• 6 oz. (<math>\frac{2}{3}</math> cup) low-fat or fat-free yogurt</li> </ul>
<b>OPTAVIA Fuelings</b>	3	3	<ul style="list-style-type: none"> <li>• 1 <b>OPTAVIA</b> Fueling (choose from more than 60 Fuelings)</li> </ul>
<b>Fruits</b>	Choose at least five servings daily		<ul style="list-style-type: none"> <li>• 1 small (4 oz.) piece of fruit</li> <li>• <math>\frac{1}{2}</math> cup fresh cubed fruit</li> <li>• <math>\frac{3}{4}</math> cup berries</li> <li>• <math>\frac{1}{2}</math> cup canned fruit in 100% fruit juice or water</li> </ul>
<b>Vegetables</b>			<ul style="list-style-type: none"> <li>• <math>\frac{1}{2}</math> cup cooked or raw vegetables</li> <li>• 1 cup salad greens</li> <li>• 4 oz. (<math>\frac{1}{2}</math> cup) 100% vegetable juice</li> </ul>
<b>Lean meats and meat substitutes</b>	2	2	<ul style="list-style-type: none"> <li>• 4 oz. lean meat</li> <li>• 1 cup cooked dry beans, lentils, etc.</li> <li>• 1 cup low-fat cottage cheese</li> <li>• Acceptable substitutions for 1 oz. meat: 1 oz. low-fat cheese; 1 whole egg or 2 egg whites</li> </ul>
<b>Fats</b>	2	3	<ul style="list-style-type: none"> <li>• <math>\frac{1}{2}</math> Tbsp butter, margarine or mayo</li> <li>• 1 Tbsp reduced-fat margarine or mayo</li> <li>• 5-10 black or green olives</li> <li>• <math>1\frac{1}{2}</math> oz. avocado</li> <li>• <math>\frac{1}{2}</math> Tbsp nut butter</li> <li>• <math>\frac{1}{2}</math> oz. (6 pieces) nuts</li> <li>• 2 Tbsp reduced-fat salad dressing</li> <li>• 1 Tbsp regular salad dressing</li> </ul>
<b>Discretionary calories</b>	<100	<150	<ul style="list-style-type: none"> <li>• 1 chocolate chip cookie (<math>2\frac{1}{4}</math> inches across)</li> <li>• <math>\frac{1}{2}</math> cup low-fat ice cream</li> </ul>



# 1,500 Calorie Meal Plan

## **Breakfast:**

- $\frac{3}{4}$  cup bran flakes
- $\frac{3}{4}$  cup fresh strawberries
- 8 oz. low-fat milk

## **Mid-morning snack:**

- **OPTAVIA** Essential Drizzled Chocolate Fudge Crisp Bar
- 1 small peach

## **Lunch:**

- **OPTAVIA** Essential Creamy Tomato Bisque (with Basil)
- 1 cup salad greens topped with  $\frac{1}{2}$  cup tomatoes and cucumbers (mixed) with 1 Tbsp salad dressing
- 6 oz. low-fat yogurt

## **Mid-afternoon snack:**

- 1 cup low-fat cottage cheese
- 1 small apple

## **Dinner:**

- 4 oz. grilled salmon
- $\frac{1}{2}$  cup steamed broccoli
- $\frac{1}{2}$  cup medium sweet potato, baked and topped with  $\frac{1}{2}$  Tbsp margarine
- 8 oz. low-fat or fat-free milk

## **Evening snack:**

- **OPTAVIA** Select Cinnamon Cream Cheese Swirl Cake
- $\frac{3}{4}$  cup blueberries

# 1,800 Calorie Meal Plan

## Breakfast:

- **OPTAVIA** Select Wild Blueberry Almond Hot Cereal
- 6 oz. low-fat yogurt
- 1 extra small banana

## Mid-morning snack:

- 6 unsalted almonds
- 8 oz. low-fat milk
- 2 Tbsp dried apricots

## Lunch:

- **OPTAVIA** Essential Cheesy Buttermilk Cheddar Mac
- Sandwich: 2 slices whole-wheat bread, 1 Tbsp yellow mustard, 3 oz. sliced turkey, 1 oz. low-fat cheese, lettuce, and tomato
- 1 cup (total) carrot sticks, celery stalks, red and yellow bell pepper strips
- 2 Tbsp guacamole or hummus

## Mid-afternoon snack:

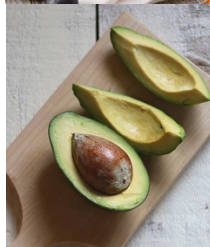
- **OPTAVIA** Essential Wild Strawberry Shake made with 8 Oz. low-fat milk

## Dinner:

- 4 oz. grilled yellow-fin tuna
- 2 cups spinach topped with  $\frac{1}{2}$  cup tomatoes and  $\frac{1}{2}$  cup cucumbers and onions (mixed) with 1 Tbsp salad dressing
- $\frac{3}{4}$  cup cooked whole-wheat pasta

## Evening snack:

- $\frac{3}{4}$  cup strawberries dipped in 1 oz. dark chocolate



# Healthy Tips for Nursing Mothers

- Drink 64 – 96 oz. (8 – 12 glasses) of fluids each day, most of it as water. Contact your healthcare provider prior to changing the amount of water you drink as it can affect levels of certain medications.
- Decrease your calories gradually to initiate weight loss without compromising your milk supply.
- Eat every two to three hours throughout the day to prevent hunger and overeating.
- When your healthcare provider says it's appropriate, incorporate a moderate amount of exercise and physical activity each day. Exercise can help you stay healthy, strengthen your body, and nourish your spirit. Try to get out for a walk or a jog while pushing your baby in his or her stroller. Whether you choose aerobic exercise or strength training, start your program slowly, increasing intensity and duration as your body allows.
- Take a daily vitamin. As during your pregnancy, your healthcare provider may recommend a daily multi-vitamin or continuing your prenatal vitamin while nursing, so you can be sure you and your baby's nutritional needs are met.
- Avoid alcohol and limit caffeine. Limit caffeine intake to fewer than 300 mg per day, which is the equivalent of about three eight-ounce cups of coffee.



## The Optimal Health 3 & 3 Plan®

### Continuing on your path toward Optimal Health

Once you've achieved your healthy weight, it's crucial to maintain the good habits you've learned, including fueling your body every two to three hours. To help sustain your healthy weight, we've developed the Optimal Health 3 & 3 Plan. It focuses on nutritionally balanced small meals eaten every two to three hours, while integrating more food choices in the right portions.

Your **OPTAVIA** Coach can tell you more about the Optimal Health 3 & 3 Plan developed by our team of Registered Dietitians.

To follow the Optimal Health 3 & 3 Plan, consume three Optimal Health Fuelings daily and three balanced meals.





# We're with you every step of the way



## Talk to your **OPTAVIA** Coach

Caring, knowledgeable, one-on-one support provided by your personal Coach is one of the key components that makes **OPTAVIA** different from other programs. Lean on your **OPTAVIA** Coach for support as you begin your Optimal Health journey.



## Develop your **Habits of Health™**

Dr. A's Habits of Health System is your core curriculum to create healthy habits. This unique, comprehensive approach is essential to your long-term success. Talk to your Coach today about using this tool to transform yourself and others!



## Stay motivated with daily inspiration

With your phone text the message "**OPTAVIA30**" to number **990-00** the day before you start your plan to receive daily quick tips, inspiration, healthy reminders, and much more!\*



## Learn from the **OPTAVIA** Community

Tune in to weekly Coach-led support calls to ask questions, learn more about the program and products, and receive the support you need.



## Discover new, delicious recipes

Visit the **OPTAVIA** Pinterest page for lean and green meals and Fuelings recipes at [Pinterest.com/OPTAVIA](https://www.pinterest.com/OPTAVIA).



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