

Postpartum Counseling Checklist: Diet, Nutrition, and Exercise

Physical exam

- Nutrition, caloric requirements
 - Weight loss
 - Supplements Calcium
 - Iron
 - Prenatal vitamins
 - DHA, omega-3 fatty acids

- If patient is anemic
 - Iron
 - Food sources
 - Supplement

- Constipation

- Fluid consumption

- For breastfeeding mothers
 - Support and encouragement
 - Refer to local breastfeeding support groups, such as La Leche League, as needed
 - Additional caloric requirements
 - Alcohol and caffeine consumption

- Exercise
 - Pelvic and abdominal muscle conditioning