

Remember to Eat

Easy One-Handed Meals and Snacks for New Moms

- Sandwiches – especially open-faced
- Sandwich rolls (turkey or cheese rolled in tortilla or other flat bread)
- Smoothies
- Carrot muffins or zucchini bread
- Hand held mini frittatas
- Whole grain crackers and bean dip or hummus
- Hard boiled eggs (pre-peeled)
- Soup in mug
- Granola bars
- Quesadilla (folded in half)
- Mini burrito
- Trail Mix
- Nuts
- Baked crispy chickpeas
- Cheese and crackers
- Edamame pods
- Whole wheat fig newtons
- Make-ahead bento boxes



Good Foods to Eat When You Don't Feel Like Eating

Too busy or not in the mood to eat, but know you should. Try these foods to make sure you are getting the nutrition you need. Try mini meals instead of large ones and nutrient-dense foods chock full of vitamins, minerals, protein and calories. Grab something to eat every 2-3 hours. Sometimes mild exercise such as taking your baby on a walk can help to stimulate appetite.

- Smoothies
- Yogurt
- Hard boiled eggs