

Postpartum Nutrition Post-Test

1. Select the **3** foods that are rich in folate:
 - a. Legumes
 - b. Apple
 - c. Cheese
 - d. Leafy greens
 - e. Orange juice
2. Osteoporosis can result from an inadequate intake of which nutrient?
 - a. Folate
 - b. Vitamin A
 - c. Protein
 - d. Calcium
3. True or False? It is recommended that postpartum women continue to take prenatal vitamins after delivery.
4. Select the **3** reasons why drinking water is important for new moms:
 - a. Increases swelling after delivery
 - b. Helps to flush out toxins
 - c. Carries nutrients throughout the body
 - d. Decreases constipation
5. Select the **3** reasons why is it recommended to space pregnancies at least one year apart:
 - a. Gives the body time to replenish nutrients, like iron and folic acid
 - b. Decreases the risk of having a low birth weight baby
 - c. Ensures the child is ready for a sibling
 - d. Allows the body to reach a healthy weight before the next pregnancy
6. True or False? Dairy products, canned fish with bones, certain nuts and seeds, leafy greens and fortified breads or juices are good sources of calcium for postpartum women.
7. Select the **4** physical changes that a postpartum may experience:
 - a. uterine contractions
 - b. vaginal discharge
 - c. hemorrhoids
 - d. morning sickness
 - e. loss of large amount of hair
8. True or False? It is safe for women using illicit drugs (street drugs) to breastfeed.

9. Which statement is true about postpartum nutrition?
 - a. Iron needs are decreased in postpartum women.
 - b. New moms need realistic suggestions about eating healthy while caring for a newborn.
 - c. Prenatal vitamins are no longer necessary.
 - d. Due to their age, postpartum teens are at lower nutritional risk.

10. True or False: Putting a pacifier in the mouth to clean it can spread germs between the adult and baby.

11. True or False? Postpartum women who smoke should never breastfeed.

12. When can most postpartum women expect to return to their pre-pregnancy weight?
 - a. Immediately following delivery
 - b. 6 weeks after delivery
 - c. 6 months after delivery
 - d. Never

13. Identify which factor(s) contribute to weight loss after pregnancy:
 - a. Amount of fat gained during pregnancy
 - b. Metabolism and diet
 - c. Activity level
 - d. Breastfeeding
 - e. All of the above

14. Following delivery, how many pounds of weight loss would the baby, placenta, amniotic fluid, and blood loss account for?
 - a. 1 to 3 pounds
 - b. 10 to 13 pounds
 - c. 20 to 23 pounds
 - d. 30 to 33 pounds

15. True or false? Women who were overweight or obese before their pregnancy retain more of their postpartum weight than other women.

16. Due to blood loss from surgery, women who have had a C-section need more:
 - a. vitamin B12, calcium, iron and protein.
 - b. fluids, vitamin D, carbohydrates and sleep.
 - c. sleep, pain medication, fluids and food.
 - d. protein, vitamin C, iron and fluids.

17. True or False? Postpartum women consuming vegetarian diets can receive all the necessary nutrients for their body through food.

18. True or False? As a WIC counselor, it is okay to diagnosis a woman with postpartum depression.

19. Select the **3** true statements regarding postpartum blues, also known as “Baby Blues”:
- Symptoms can include mood swings, crying easily, irritability, changes in eating and sleeping
 - Common in postpartum women
 - Always lasts for years
 - Women showing symptoms should be referred to their health care provider and not diagnosed by WIC staff
20. Select the **4** tips related to physical activity that are recommended for postpartum women:
- Exercise is not recommended for postpartum women
 - Take a brisk walk with the baby stroller.
 - If there are safety concerns, walk in a mall or with friends.
 - Walk more, dance more, play more – simply keep moving more as part of an active lifestyle.
 - Check with your doctor first. Most women are ready for physical activity six weeks postpartum.
21. True or False? Breastfeeding mothers may transfer caffeine to infants, leading to wakefulness and irritability.
22. True or False? Gestational diabetes is the same as type 1 or type 2 diabetes.
23. A healthy, well-balanced diet after delivery will help:
- Replenish nutrient stores.
 - Meet current nutritional needs.
 - Prepare for future pregnancies.
 - All of the above.
24. A postpartum mom is in your office for her WIC appointment. She tells you that she had gestational diabetes and is worried that she still has it. Choose the best response as her WIC counselor.
- “Yes, you are probably right. If you had it then, you have it now. You should see a doctor.”
 - “Gestational diabetes develops during pregnancy and usually goes away after delivery. Tell me more. What has your doctor said about that?”
 - “Well, you are overweight. Overweight women always get gestational diabetes.”
 - “No, you don’t have it. Gestational diabetes goes away. You should be fine.”
25. Caring for a newborn can be more challenging for women with:
- Fussy infants
 - Low birth weight infants
 - Twins or triplets
 - All of the above