



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 and we know 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 independent **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.).

MEDICAL DISCLAIMER:

The Company ("We") recommends that you consult your healthcare provider prior to starting any weight loss program, and during the course of your weight loss program. Do NOT use any **OPTAVIA**® plan if you are pregnant or under the age of 13.

Before starting a weight loss program, talk with your healthcare provider about the program, and about any medications or dietary supplements you are using, including especially Coumadin (Warfarin), lithium, diuretics, or medications for diabetes, high blood pressure or thyroid conditions. Do not participate in any **OPTAVIA** Program until you are cleared by your healthcare provider if you have or have had a serious illness (e.g. cardiovascular disease including heart attack, diabetes, cancer, thyroid disease, liver or kidney disease, eating disorders such as anorexia or bulimia), or any other condition requiring medical care or that may be affected by weight loss.

The **OPTAVIA** for Teens plan is the only **OPTAVIA** Program appropriate for teens (13 to 17 years of age). The Optimal Weight 5 & 1 Plan® is NOT appropriate for teens, 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 - if you fall into one of these categories, please consult your healthcare provider and refer to www.OPTAVIA.com and talk with your independent **OPTAVIA** Coach about other **OPTAVIA** plans that may be appropriate. For special medical or dietary needs, including food allergies, refer to our program information online, consult your healthcare provider and talk to your **OPTAVIA** Coach. Do not consume an **OPTAVIA** product if you are allergic to any of that product's ingredients which are listed on the product packaging and on the **OPTAVIA** website.

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

NOTE: Rapid weight loss may cause gallstones or gallbladder disease or temporary hair thinning in some people. While adjusting to the intake of a lower calorie level and dietary changes, some people may experience dizziness, lightheadedness, headache, fatigue, or gastrointestinal disturbances (such as abdominal pain, bloating, gas, constipation, diarrhea, or nausea). Consult your healthcare provider for further guidance on these or any other health concerns. Seek immediate medical attention if you experience muscle cramps, tingling, numbness, confusion, or rapid/irregular heartbeat as these may be a sign of a more serious health condition.

For avoidance of doubt, the **OPTAVIA** Programs and products are not labelled, advertised or promoted for any specific medicinal purpose, i.e. treatment or prevention, implied or otherwise, of any disease or disorder, including its related conditions.

The **OPTAVIA** programs, products, and any of its materials and/or information do not in any way constitute medical advice or substitute for medical treatment. As individuals may have different responses to dietary products or changes in diet, consult with your healthcare provider regarding any medical concerns.

For further information regarding this Medical Disclaimer, call Nutrition Support at 1.888.OPTAVIA or email at nutritionsupport@OPTAVIA.com.

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 independent **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
Starches: Whole Grains & Starchy Vegetables	2	4	<ul style="list-style-type: none"> • 1 slice whole-grain bread OR two slices low-calorie, whole-grain bread (≤ 40 calories/slice) • $\frac{3}{4}$ cup unsweetened cereal (e.g. bran flakes) • $\frac{1}{2}$ cup cooked cereal or bulgur • $\frac{1}{2}$ cup cooked whole-wheat pasta or rice • 3 cups plain popped popcorn • $\frac{1}{2}$ cup starchy vegetables like peas, corn, or sweet potato • 3 oz. baked potato (any kind) • 1 cup winter squash
Dairy	3	3	<ul style="list-style-type: none"> • 8 oz. (1 cup) unsweetened low-fat or fat-free milk (cow, soy, almond or cashew) • 6 oz. ($\frac{3}{4}$ cup) low-fat or fat-free yogurt
OPTAVIA Fuelings	3	3	• 1 OPTAVIA Fueling (choose from more than 50 Fuelings)
Fruits	Choose at least five servings daily		<ul style="list-style-type: none"> • 1 small (4 oz.) piece of fruit • $\frac{1}{2}$ cup fresh cubed fruit • $\frac{3}{4}$ cup berries • $\frac{1}{2}$ cup canned fruit in 100% fruit juice or water
Vegetables			<ul style="list-style-type: none"> • $\frac{1}{2}$ cup cooked or raw vegetables • 1 cup salad greens • 4 oz. ($\frac{1}{2}$ cup) 100% vegetable juice
Lean meats and meat substitutes	2	2	<ul style="list-style-type: none"> • 4 oz. lean meat • 1 cup cooked beans, lentils, etc. • 1 cup low-fat cottage cheese • Acceptable substitutions for 1 oz. meat: 1 oz. low-fat cheese; 1 whole egg or 2 egg whites
Fats	2	3	<ul style="list-style-type: none"> • $\frac{1}{2}$ Tbsp butter, margarine or mayo • 1 Tbsp reduced-fat margarine or mayo • 5-10 black or green olives • $1\frac{1}{2}$ oz. avocado • $\frac{1}{2}$ Tbsp nut butter • $\frac{1}{2}$ oz. (6 pieces) nuts • 2 Tbsp reduced-fat salad dressing • 1 Tbsp regular salad dressing
Discretionary calories	<100	<150	<ul style="list-style-type: none"> • 1 chocolate chip cookie ($2\frac{1}{4}$ inches across) • $\frac{1}{2}$ cup low-fat ice cream



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 Red Bean & Vegetable Chili Mix
- 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 baked sweet potato topped with $\frac{1}{2}$ tbsp margarine
- 8 oz. low-fat or fat-free milk

Evening snack:

- **OPTAVIA** Essential Decadent Chocolate Brownie Mix with Greek Yogurt Chips
- $\frac{3}{4}$ cup blueberries

1,800 Calorie Meal Plan

Breakfast:

- **OPTAVIA** Essential Drizzled Berry Crisp Bar
- 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 Mix 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
- $\frac{2}{3}$ 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.*
- 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.

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





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 independent **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 independent **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 Transformational System is your core curriculum to create healthy habits. This unique, comprehensive approach is essential to your long-term success. Talk to your **OPTAVIA Coach** today about using these tools to transform yourself and others!



Stay motivated with **daily inspiration**

With your phone text the message "**OPTAVIA**" to number **462-57 (GOALS)** the day before you start your **OPTAVIA** journey to receive daily quick tips, inspiration, healthy reminders and much more!*



Learn from the **OPTAVIA Community**

Tune in to Coach-led support calls to ask questions, learn more about the program and products and receive the support you need. Visit [ANSWERS.OPTAVIA.com](https://www.answersoptavia.com) for additional tools and resources.



Discover new, delicious **recipes**

By visiting our [Pinterest page](#) or by downloading the **OPTAVIA App** from the [Apple App Store](#) (for iPhone users) or [Google Play](#) (for Android devices) for access to a variety of Lean & Green meals. The **OPTAVIA App** also has self-service options related to **OPTAVIA Premier** orders and returns and other key resources.

*Summary Terms & Conditions: Our mobile text messages are intended for subscribers over the age of 13 and are delivered via USA short code 462-57 (GOALS). You may receive up to 50 message(s) per month for text alerts. Message and data rates may apply. This service is available to persons with text-capable phones subscribing to carriers including SouthernLinc, Bandwidth, Google Voice, Buffalo Wireless, Chariton Valley Cellular, Leaco, CableVision, Copper Valley, AT&T, Sprint/Boost/Virgin, T-Mobile/MetroPCS, Verizon Wireless, CellCom USA, C Spire Wireless, U.S. Cellular, Pine Belt Wireless, ACS/Alaska, Atlantic Tele-Net Network International (ATN), Advantage Cellular (DTC Wireless), Appalachian Wireless, Bluegrass Cellular, Cellular Network Partnership (PIONEER), Cellular One of East Central Illinois, Chat Mobility USA, Coral Wireless (Mobi PCS), Element Mobile (Flat Wireless), Epic Touch (Elkhart Telephone), GCJ Communications Corp, Golden State Cellular, Illinois Valley Cellular (IV Cellular), i Wireless (IOWA Wireless), Nex-Tech Wireless, MTA Communications, MTPCS (Cellular One Nation), Cross Telephone Company (MBO Wireless), Duet IP (Maximum Communications New Core Wireless), Inland Cellular Telephone Company, Immix (Keystone Wireless), Mosaic (Consolidated or CTC Telecom), Northwest Missouri Cellular Limited, Peoples Wireless, Panhandle Telecommunications Systems (PTCI), RINA, Revoli Wireless USA, SI Wireless/Mobile Nation, SRT Wireless, Texas RSA 3 Ltd (Plateau Wireless), Thumb Cellular, United Wireless, Union Telephone Company (Union Wireless), Viera Wireless, West Central Wireless (5 Star Wireless), Sagebrush Cellular (Nemont), Carolina West Wireless (CWW), Pine Cellular, Aio Wireless/Cricknet. For help, text HELP to 462-57 (GOALS), visit [ANSWERS.OPTAVIA.com](https://www.answersoptavia.com) or call +1.888.OPTAVIA. You may stop your mobile subscription at any time by text messaging STOP to short code 462-57 (GOALS).



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#LifelongTransformation



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