



# HEALTHY LIVING SECTION

Weekly tips and advice from your neighborhood Carolinas HealthCare System Blue Ridge providers.



## Must-Know Tips for Baby's First Days

Whether it's your first or your fourth, bringing your baby home is exciting and overwhelming all at the same time. Here are things you'll want to keep in mind:

**Your baby's birth weight will change.** Don't be alarmed if after a couple days your baby weighs less than he or she did at birth. It's normal for newborns to lose 5 to 8 percent of their birth weight in the first week, but with proper feeding and care, your baby will make up for it.

**OMG...can you say "sleep deprivation"?** You may have thought you knew what it felt like to be tired, but having a newborn gives a new definition to exhaustion. Best advice? Go with the flow and sleep when the baby sleeps.

**Trust your instincts.** Listen to the advice of others, but use what works for you, learn to trust your maternal instincts and don't hesitate to ask your doctor any question that's on your mind.

**Breast might be best, but it takes time.** Breastfeeding may not come as naturally as you might expect or popular culture would have you believe. Be patient. It takes practice for you and your baby to find a groove and a good latch.

**Eat, sleep, poop.** Get ready for the new round-the-clock routine, and don't be concerned by poops that are at first black and tar-like and then yellow, green or anything in between.

**It's normal to cry.** You're likely physically spent, your hormones are out of whack and you're now responsible for a whole new person. Crying doesn't necessarily mean that you have postpartum depression, so let it out. The good news is some of your tears will be tears of joy. But if your baby blues persist, talk with your doctor.

**Your first night home from the hospital may be one of the worst.** There's a little-known secret that babies often don't transition well from hospital to home. Your baby might be fussy and difficult to soothe after having been quiet and sleepy for their first few days. This too shall pass.

**It will all be a bit of a blur.** The first few days will seem like one VERY long day. Take plenty of photos and jot down notes and remembrances and revel in these first, magical moments bonding with your baby.

**Make sure you have enough help at home.** Whether it's your husband, mom, a friend, baby nurse or doula, accept or hire help so that you can focus on healing, feeding and loving your baby. Let someone else do the chores and pick up around the house.

**Take your time.** Many new moms feel they need to use the time in the hospital visiting with people or replying to messages, but it is a very special time. And it's likely the only time you'll have medical support. Take advantage of it!

## Roasted Cajun Beef Tenderloin

- 1 beef tenderloin roast (3 pounds)
- 4 teaspoons salt
- 1 tablespoon paprika
- 2 1/4 teaspoons onion powder
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons white pepper
- 1 1/2 teaspoons black pepper
- 1 to 3 teaspoons cayenne pepper
- 1 teaspoon dried basil
- 1/2 teaspoon chili powder
- 1/8 teaspoon dried thyme
- 1/8 teaspoon ground mustard
- Dash ground cloves

Preheat the oven to 425. Tie the tenderloin with kitchen string at 2-inch intervals. Combine the seasonings in a bowl and rub over the beef. Place tenderloin in a shallow roasting pan and bake on a rack for 45 to 60 minutes or until desired doneness is achieved. Medium rare – 145, medium – 160, well done – 170.

Serves: 12



A 3-ounce medallion of beef tenderloin, completely trimmed of fat, provides 24 grams of protein and will include all the essential amino acids.

## Craving Is Okay

As long as you are eating healthy most of the time, it is perfectly fine to satisfy those odd and sometimes unhealthy cravings you may have. Go ahead and enjoy a midnight cheeseburger or a bowl of ice cream with a side of pickles. You're pregnant and you deserve it.



## Eating Healthy When Pregnant

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Eating healthy can be difficult enough when you only have yourself to worry about. When you're pregnant, your considerations double and now you have a developing baby to keep healthy. To help you avoid being overwhelmed by all the different Dos and Don'ts lists out there, I put together a handful of essential items to help you maintain a healthy pregnancy.

**Eat Breakfast** – The most important meal of the day becomes even more important when pregnant. You don't have to go all out with breakfast, but make sure you eat something. It's even better if that something is a bowl of fortified cereal, oatmeal, or a couple of eggs. If you're struggling with morning sickness, try a simple piece of whole wheat toast.

**Learn Your PCFFFs** – Must-consume nutrients during pregnancy include protein, calcium, folate (folic acid), fiber and (healthy) fats. You can find them in lean meats, eggs, beans, dairy products, colorful fruits and vegetables, whole grains, nuts and healthy cooking oils.

**Prenatal Vitamins** – An easy way to help give your baby and yourself the iron, folic acid and calcium needed. Prenatal vitamins are great for keeping you on track nutritionally, but shouldn't be solely relied upon. They can be purchased over the counter at your drug store or your doctor can write you a prescription. Be sure to speak with your doctor to find out how much of a dose you need.

**Avoid Alcohol and Limit Caffeine** – You've probably heard that a glass of wine is okay here and there, but considering the topic and research is somewhat controversial, why chance it? It may be difficult to cut back on your daily consumption of coffee, so limit yourself to one cup a day and replace the rest with pieces of fresh fruit. The natural sugar will help with your energy cravings.

**Stay Hydrated** – Water is the preferred method of reaching your 10 cups of fluid a day requirement, but any nonalcoholic drink will count. Try to avoid or limit soft drinks (diet and regular) and other high-sugar beverages. Flavored sparkling water is a great alternative when plain water simply won't do.

Obviously, there are many more things to consider when you are pregnant, but this list will give you a good place to start. Pregnancy is an exciting and precious time in your life, so enjoy it as much as you can. Keep your doctor informed as to how everything is going, no matter how small it seems. If you have any questions, please call us at 828-580-4661.

