



Healthy Defaults cont.

- Clean out your fridge and pantry of anything unhealthy, including sugary drinks, fried food, or processed food.
- Make a list of fruits, vegetables, and lean meats to buy at the local grocery store.
- Find or buy a new water bottle that can hold an entire liter of water. Refill it three to four times a day to stay hydrated.

Good nutrition is a great tool for post partum mothers

- Caring for a new little life can be overwhelming—but a mother must treat herself well to effectively treat others well, too.
- Remember you are recovering both mentally and physically.
- Give yourself time to bounce back and begin life again as a new adventure.
- Future research will help us further understand the link of nutrition and postpartum depression.⁵

1. American Psychological Association, 2018
2. Journal of Biological Psychiatry, 2005.
3. Journal of Nutrition Today, 2011.
4. Journal of Critical Reviews in Food Science and Nutrition, 2018.
5. Gastroenterology & Hepatology from Bed to Bench, 2011.



THE POSITIVE NO

IDENTIFY OPTIMISTIC WAYS TO CREATE A HEALTHY ENVIRONMENT AS A MOTHER SUFFERING POSTPARTUM DEPRESSION

What are Healthy Defaults

Simple choices that you can easily apply to your daily routine that promote health and wellness

- Make a schedule. Everyday, wake up and plan out your day.
- Try and encompass exercise into the day, even if it is to the mailbox or around the block. Avoid a sedentary lifestyle.
- Put a pep into your step! Try to find a workout partner who will help motivate you and hold you accountable.
- Explore new health foods that improve and aid in mood post pregnancy (list on next page).

A recent study found 1 out of 7 women experience signs of post partum depression. ¹

DO NOT BE AFRAID TO DITCH OLD ROUTINES FOR NEW AND IMPROVED ONES. PACE YOURSELF AND DO NOT HESITATE TO REJECT NEGATIVITY WEIGHING YOU DOWN.

- Women of childbearing age are more vulnerable to poor nutrition because pregnancy and breast feeding are great nutritional stressors to the body. ²
- Vital components that are needed for brain mental health are: essential fatty acids, folate, vitamin B12, antioxidants, vitamin C, vitamin E, selenium, iron, and zinc. ²
 - Patients who were deficient in these were more likely to suffer from depression. ²



Nutrient Rich Food

Omega-3 fatty acids	Fish, eggs, seeds, and nuts
Serotonin enriched	Avocados, nuts, beans, fish, chicken, turkey, flax seeds, almond, and olive oil
Vitamin B12 ³	Meat, fish, poultry, and dairy products
Folic acid	Dark leafy greens, beans, and fish such as salmon
Antioxidants	Berries, pomegranates, spinach, and kale.
Vitamin D ⁴	Eggs, butter, cheese, nuts, seeds, and fish