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 postpartum 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
5. Gastroenterology & Hepatology from Bed to Bench, 2011.
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

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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

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Nutrient Rich Food

<table>
<thead>
<tr>
<th>Omega-3 fatty acids</th>
<th>Fish, eggs, seeds, and nuts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serotonin enriched</td>
<td>Avocados, nuts, beans, fish, chicken, turkey, flax seeds, almond, and olive oil</td>
</tr>
<tr>
<td>Vitamin B12³</td>
<td>Meat, fish, poultry, and dairy products</td>
</tr>
<tr>
<td>Folic acid</td>
<td>Dark leafy greens, beans, and fish such as salmon</td>
</tr>
<tr>
<td>Antioxidants</td>
<td>Berries, pomegranates, spinach, and kale</td>
</tr>
<tr>
<td>Vitamin D⁴</td>
<td>Eggs, butter, cheese, nuts, seeds, and fish</td>
</tr>
</tbody>
</table>