

FOOD & MOOD

Make observations about how various foods impact your mood.

- Are you irritable? Tired? Anxious or jittery?
- Consider ways in which particular foods impact your mood: sugar, caffeine, fatty foods, fast food

Consider your intake, are you over or undereating?

- Consider ways to plan ahead for meals and snacks.
- Eating regularly during pregnancy and postpartum can be challenging for many reasons.

Think about small changes and ways to support overall health.

- Observe any patterns (missed meals, snacking, overeating, difficulty with certain foods), consider motivation and ways to increase success.
- Ask for help with meals.

Develop goals to address modest changes.

- Start small, making gradual changes.
- Increase fruits/vegetables with variety in color.
- Increase protein and fiber to diet.
- Make sure to drink plenty of water.
- Take prenatal vitamin as prescribed. When no longer taking prenatal vitamins, take multivitamins which contain trace elements (metals).
- Eat a diet rich in protein, fiber and folate.
- Take an Omega 3 supplement with as close to one gram of EPA as possible.

