

# FOOD & MOOD

We know that diet (type of foods eaten, how much you eat, and how often you eat) significantly impacts mood and anxiety on multiple levels. One key fact is that large increases or decreases in your blood sugar can lead to alterations in your level or mood or anxiety. Focusing on eating regular meals, as well as foods that will keep blood sugars stable (those with a good amount of fiber and protein) can greatly help to stabilize your emotional state.

## 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 UNDER EATING?

- 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.

