

2020  
*Mom*



# During Pregnancy and the Postpartum Period: Eating to Maintain Optimal Physical and Mental Health

Now more than ever it's important to  
limit processed foods and focus on  
eating a clean diet.<sup>1</sup>

## Foods that can help provide optimal health include:

**Organic fruits and vegetables:** These contain dietary fiber to manage your appetite, antioxidants, and phytosterols that can help balance hormones.

**Cruciferous vegetables:** Vegetables such as broccoli, cabbage and kale contain indole-3-carbinol, which naturally helps to balance estrogen levels.<sup>2</sup> These veggies are also high in fiber, vitamin C, vitamin K and electrolytes that are important for blood pressure and heart health.

**High-fiber foods:** Fiber is important for cardiovascular and digestive health, plus maintaining a healthy weight. Some studies have even found that diets higher in fiber might help to balance production of estrogen.<sup>3</sup> Some of the best sources include nuts, seeds, legumes/beans, ancient grains, avocado, veggies and fruit.