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Visionaries for the Future of Maternal Mental Health

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

Now more than ever it's important to eat a variety of foods to ensure that you're fueling your body appropriately.<sup>1</sup>

## Foods to protect mental 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 the production of estrogen.<sup>3</sup> Some of the best sources include nuts, seeds, legumes/beans, ancient grains, avocado, veggies and fruit.

[2020Mom.org](https://2020Mom.org)