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Visionaries for the Future of Maternal Mental Health

Staving off and Fighting Symptoms of Depression with Food and Nutritional Supplements

Vitamins and minerals for optimal maternal mental health include:

Vitamin C^{1,2}: Several studies have found depression may be a consequence of inadequate levels of vitamin C. This vitamin is found in oranges, watermelon, green and red peppers, grapefruit, tomatoes, spinach, papaya, brussels sprouts and cabbage, and other fruits and vegetables.

Magnesium: Several studies have shown an improvement in the severity of symptoms of depression when study participants were given 125-300 mg of magnesium with each meal and at bedtime. Foods containing magnesium include spinach, pumpkin seeds, yogurt, kefir, almonds, black beans, avocado, figs, dark chocolate, and bananas.

Chromium: Studies show the power of chromium picolinate in addressing depression. For example, one such study showed that 70 percent of those who took 600 mcg of chromium picolinate had improvement in their depressive symptoms. Chromium-rich foods include broccoli, free-range eggs, sweet potatoes, corn, oats and grass-fed beef.