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**The Correlation Between Postpartum Depression
and Nutritional Intake: An Integrative Literature Review**

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Abstract

Background: Pregnancy is associated with changes in the psychological state of women that many times results in maternal and postpartum depression. In some circumstances, these psychological disorders worsen posing harmful consequences on both the mother and child's health. Several studies suggest that nutritional influences are associated with postpartum well-being.

Objectives: To explore what research has been conducted regarding promoting an understanding about how nutrition can influence the prevalence of postpartum depression after childbirth.

Methods: This integrative literature review was conducted using keywords "postpartum, depression, vitamins, nutrition, diet, childbirth, and intake" to search the literature between 2010 and 2017.

Results: Various literature reviewed in this study suggests that there is a correlation between nutritional intake and development of postpartum depression symptoms.

Conclusions: This study found that healthcare providers should participate in postpartum care as much as they participate in the period before childbirth by offering advice in regards to the implications of a healthy diet and exercise.

Keywords: Postpartum, depression, vitamins, nutrition, diet, childbirth, and intake