

How Pregnancy Changed My Relationship With Food – and My Mental Health
Motherhood Battle: Round 0

When life's pace started moving faster than ever, food quietly changed its role in our lives. It was no longer just nourishment – it became a trend, a statement, and sometimes, a source of pressure.

I'm a new mom from Egypt, raising a beautiful baby girl. From the moment I found out I was pregnant, my relationship with food shifted completely. I stopped looking for what was simply "fresh" or "tasty" and started studying and analyzing everything I ate – every ingredient, every label, every opinion I heard. I took it all in.

And there were a lot of opinions.

As a first-time mother, I felt like an open target for advice. It came from everywhere: family, friends, social media, even strangers. Everyone seemed to know exactly what I should eat, what I should avoid, and what could harm my baby. Without realizing it, I got on a no-brakes rollercoaster and created a constant state of anxiety around food – pushing it further and further away from simplicity.

At some point during my pregnancy, I realized something important: my mental health mattered just as much as my diet – and sometimes, even more.

Because food doesn't exist in isolation. The way we feel about what we eat – the stress, the guilt, the pressure – affects our well-being just as much as the nutrients themselves.

So I began to shift my mindset.

Instead of chasing perfection, I focused on balance. Instead of listening to every voice, I learned to trust my own. I chose nourishing foods, yes – but I also allowed myself grace. I reminded myself that a calm, emotionally supported mother is just as important for a baby as a perfectly planned meal.

To every new mother reading this: take it easy on yourself. You are doing something incredibly hard and incredibly beautiful at the same time. Your intuition – that quiet inner voice – is more powerful than the noise around you.

Round 0 - Outcomes:

- Balance over perfection
- Limit the noise and information overload
- Trust your body – and your intuition
- Protect your mental well-being as much as your nutrition

Next time, I'll take you on a more detailed journey – from the first day of pregnancy to the first year of motherhood – and the lessons food taught me along the way.