

Eat To Beat Stress



Munching on the right foods during times of stress can actually help calm you down. And that's great news! The last thing you want is *more stress*, which over time can increase your risk for high blood pressure, heart disease, and obesity.



Health Promotion

SRC 104 962-4135

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Foods that bust stress

Almonds, Pistachios, and Walnuts– They're bursting with vitamin E, an antioxidant that bolsters the immune system

Avocados– the monounsaturated fat and potassium can help to lower blood pressure

Skim Milk– calcium can reduce muscle spasms and soothe tension

Oatmeal– carbohydrates make the brain produce more serotonin, the same relaxing brain chemical released when you eat dark chocolate

Oranges– Vitamin C boosts the immune system and helps you to feel more energetic

Salmon– stress hormones have an arch-enemy: omega-3 fatty acids. A diet rich in omega-3 fatty acids keeps adrenaline from sky-rocketing

Spinach– not getting enough magnesium may trigger migraine headaches and make you feel fatigued

7 Calming Nutrients

Antioxidants

blueberries, broccoli, carrots, nuts

B6

avocado, chick peas, peanut butter, pork

B12

beef, eggs, lamb, and poultry

Magnesium

almonds, bananas, shrimp, soy

Fiber

apples, avocado, barley, broccoli, peas

Iodine

cow's milk, eggs, mozzarella cheese

Protein

almonds, beef, cashews, eggs, tofu