A healthy diet helps with stress

Can the foods you eat help you cope with stress? Yes, according to experts at the Academy of Nutrition and Dietetics. When you can't avoid stress completely, focus on these foods to help you through it:

Whole grains and healthy carbohydrates

Whole grain bread, pasta, brown rice and sweet potatoes are all complex carbohydrates, which may help boost feel-good hormones in the brain.

Heart-healthy fats

Foods rich in omega-3 fats, such as salmon, flax seeds and walnuts may help improve mood and reduce stress and anxiety.

Soothing hot teas

Lavender and chamomile teas are good choices to help you relax and potentially get better sleep – keys to dealing with stress.

Dark chocolate

The antioxidants in this treat may help reduce stress. Be sure to keep your portion to one ounce or less a day, and choose dark varieties only. Milk and white chocolates do not offer these benefits.