

10 FOODS that reduce stress



When life gets stressful, it's natural to reach for "comfort foods" high in fat and calories. Macaroni and cheese, fried foods, and sugary desserts are often appealing when we feel anxious or overwhelmed.

Unfortunately, these foods are probably doing more harm than good. They can make you feel sluggish and cause a crash in blood sugar levels, which can make you feel exhausted and shaky. They also don't provide you with nutrition you need to be at your best.

Instead of eating comfort foods, eat foods that can replenish vital nutrients in the body. This can help you feel more focused, calm and ready to tackle what life brings you.

GREEN TEA

(Antioxidants)

Green tea's compounds can prevent cell damage, and a chemical called theanine helps you relax.



BANANAS

(Potassium & minerals)

B vitamins, magnesium, and other nutrients help reduce heart disease and can provide a calming effect.



SPINACH & BROCCOLI

(Magnesium & minerals)

Green leafy vegetables and cruciferous vegetables are rich in folate and magnesium, which help the brain release calming signals.



SALMON

(Choline & healthy fats)

Choline is a special nutrient that helps with brain function. Its healthy omega-3 fats also keep you focused.



BLUEBERRIES

(Antioxidants)

The vitamins in blueberries help your body fight off stress and boost your immune system.



ALMONDS & NUTS

(Magnesium & healthy fats)

The magnesium and healthy fats in nuts help the brain function better, and the zinc found in most nuts can calm your nerves.



CHOCOLATE

(Magnesium)

Dark chocolate in small amounts can help lower blood pressure and give you a feeling of happiness and calm.



ORANGES

(Antioxidants and vitamin C)

Vitamin C has been shown to reduce stress hormones and may lower blood pressure. Citrus fruits also contain healthy antioxidants.



MILK & YOGURT

(Probiotics, vitamin D)

The probiotics in yogurt can calm a stressed tummy, and the vitamin D in fortified dairy helps fight anxiety and depression.



AVOCADOS

(Healthy fats and vitamins)

The fat in avocado is heart-healthy and can help steady blood sugar levels. Vitamins B, C and E help the body cope with stress and anxiety.

