

## Top Five Stress-Busting Foods



It seems like all around, there is some degree of stress. With busier and busier schedules and more demands from jobs and family one tends to get more stressed out than ever.

Did you know you can fight the effects of stress to some degree by just adding certain types of food to your diet?

1. Whole grain pasta/popcorn- These food contain good carbs which can boost serotonin to help reduce stress. These include foods such as whole grain bread, brown wild rice or popcorn.
2. Tea (black, green or white) - A warm drink of tea helps to smooth frazzled nerves. Coffee contains caffeine which can cause agitation. Tea contains flavonoid compounds which are beneficial to your health. Flavonoids are known for their antioxidant activities which boost the immune system and also help to reduce cancer and heart disease.
3. Dark green Leafy Vegetables- These contains high levels of B vitamins which are a group of stress relieving vitamins that also calm anxiety and depression.
4. Nuts and Seeds- These contain high levels of B vitamins as well and magnesium another mineral that also provides serotonin production. Be careful with these because they add extra calories to your diet. Stick to at least 15 cashews or nuts daily to lower caloric content.
5. Citrus Fruits and Berries- Fruits like grapefruit, kiwis, and strawberries are excellent sources of Vitamin C. Vitamin C are a stress busting vitamin as well. Vitamin C in citrus fruits is involved in the production of collagen which helps to keep skin firm and reduces wrinkling to help you hide the effects of stress that you already have.



You don't have to pop a pill or have to be an exercise master to reduce the amount of stress in your life, just add some of these stress busting foods to your diet and you will be on your way.

Reference

Tsang, G & Newberry C. (2008). Retrieved April 30 from <http://www.prevention.com>