

# 10 Best Foods to Eat for Stress

Grab your fork and dig in to the following stress-busting superfoods.

- 1. Green Leafy Vegetables**
  - a. Research from the University of Otago, found eating fruits and vegetables of any sort (except fruit juice and dried fruit) helped young adults calm their nerves.
- 2. Organic Turkey Breast**
  - a. Research shows that argumentative people who consumed tryptophan become markedly more pleasant, and an increase in agreeable behaviors and perceptions.
- 3. Fermented Foods**
  - a. The secret to improving your mental health is in your gut, an unhealthy gut flora can lead to detrimental impacts for your brain health, leading to issues like anxiety and depression. Beneficial bacteria have a direct effect on brain chemistry, transmitting mood- and behavior-regulating signals to your brain. Examples include sauerkraut, salsa, or yogurt
- 4. Salmon**
  - a. One study in Brain Behavior and Immunity showed a dramatic 20 percent reduction in anxiety among medical students taking omega-3 which comes from salmon
- 5. Blueberries**
  - a. Research has also shown that blueberry eaters experience a boost in natural killer cells, 'a type of white blood cell that plays a vital role in immunity, critical for countering stress,' says Cynthia Sass, MPH, RD, Health's contributing nutrition editor
- 6. Pistachios**
  - a. One study found eating two servings of pistachios a day lowered vascular constriction during stress, which means the load on your heart is reduced since your arteries are more dilated
- 7. Dark Chocolate**
  - a. Chocolate has even been referred to as "the new anti-anxiety drug." One study in the Journal of Psychopharmacology also revealed that drinking an antioxidant-rich chocolate drink equal to about 1.5 ounces of dark chocolate daily felt calmer than those who did not.
- 8. Vitamin D**
  - a. In 2006, scientists evaluated the effects of vitamin D on the mental health of 80 elderly patients and found those with the lowest levels of vitamin D were 11 times more prone to be depressed than those who received healthy doses
- 9. Seeds**
  - a. Seeds have a high level of magnesium which is well-known for its role in helping to regulate your emotions and enhance well-being
- 10. Avocado**
  - a. According to the Nutrition Journal, eating just one-half of a fresh avocado with lunch may satiate you if you're overweight, which will help prevent unnecessary snacking later.<sup>17</sup>

Live. Life. Healthy

