

# EAT TO BEAT STRESS



## FOLATE

**Stimulates dopamine - the "feel good" neurotransmitter**

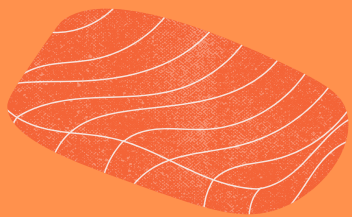
Sources: broccoli, brussels sprouts, leafy green vegetables, peas, chickpeas



## MAGNESIUM

**Affects the release of stress hormones**

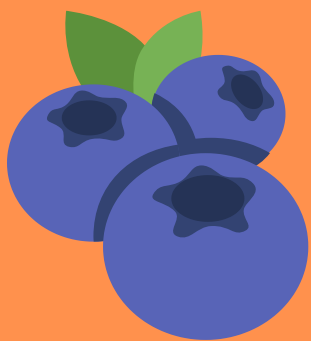
Sources: nuts, legumes, spinach, seeds, whole grains



## OMEGA 3 FATTY ACIDS

**Stabilizes stress hormones and supports general brain health/cognitive function**

Sources: salmon, sardines, flaxseed, chia seeds, walnuts



## ANTIOXIDANTS

**Inhibits formation of free radicals and subsequently diminishes stress**

Sources: berries, dark chocolate, pecans, artichoke, red cabbage



## PROBIOTICS

**Promotes healthy gut flora which helps your brain react better to stressful environments**

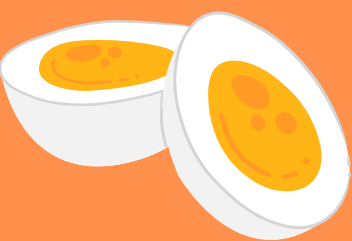
Sources: yogurt, miso, pickles, kombucha



## FLAVONOIDS

**Decreases circulating levels of "fight or flight" hormones**

Sources: dark chocolate, beetroot, cherry tomatoes, celery



## TRYPTOPHAN

**Precursor to serotonin - which promotes better mood & less anxiety**

Sources: eggs, spirulina, pineapple, salmon, nuts, seeds



## VITAMIN C

**Clears stress hormone cortisol from the blood**

Sources: citrus fruits, guava, bell peppers, kiwi, apricots, potatoes