

FIGHTING STRESS WITH FOOD

HERBAL TEA – HELPS PROMOTE FEELINGS OF WARMTH AND CALMNESS

DARK CHOCOLATE (IN MODERATION) – RICH IN ANTIOXIDANTS BY LOWERING STRESS HORMONES

WHOLE GRAINS – TEMPORARILY INCREASE SEROTONIN LEVELS (A HORMONE THAT BOOSTS MOOD AND REDUCES STRESS)

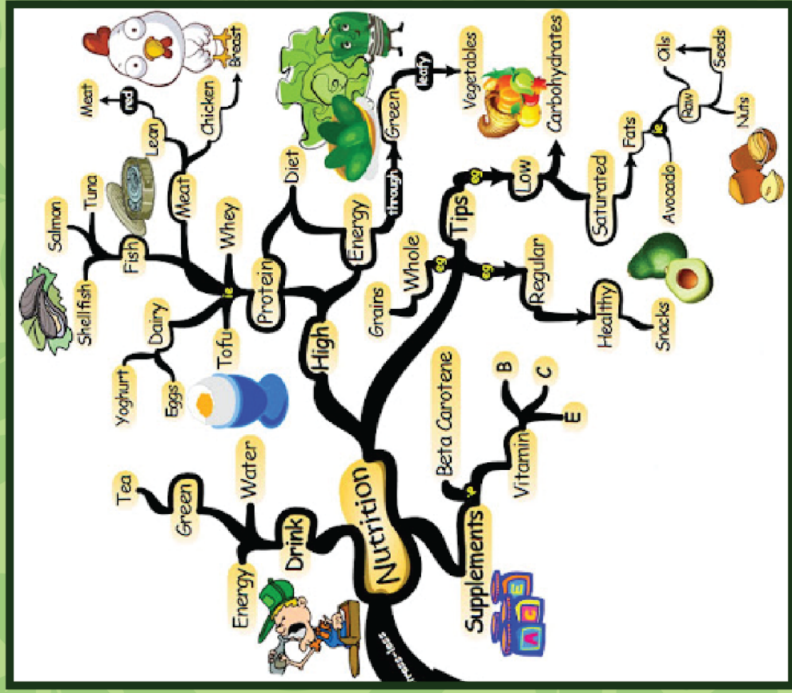
AVOCADOS / FISH/ EGGS/ SOY MILK/ CHIA SEEDS, FLAXSEEDS, WALNUTS, AND NUT MILK – STRESS-BUSTING OMEGA – 3 FATTY ACIDS KNOWN TO REDUCE STRESS AND ANXIETY

CITRUS FRUITS / STRAWBERRIES / CHERRY – HIGH VITAMIN C MAY HELP EASE STRESS LEVELS

PROBIOTICS / FIBER – GUT MICROBIOTA CREATE HEALTHY GUT HORMONES THAT CORRELATE WITH IMPROVING ANXIETY, DEPRESSION, AND MOOD

SWEET POTATOES – REDUCE CORTISOL (HORMONE)

SWISS CHARD – MAGNESIUM HELP CONTROL STRESS LEVEL



**FIGHTING STRESS WITH FOOD
WITH CHIUNG, RDN**