

Diet for Stress Management

Dr. Hari Singh
HHC Healthcare



Source: WebMD



Stress Management Diet



- **Undue stress lowers immunity**
- **Causes**
 - Colds
 - High blood pressure
 - Heart disease.
- **Stress management**
 - by stress-fighting foods.

Source: WebMD



Stress-Busting Foods

How They Work



A bowl of warm oatmeal

- **Boost levels of serotonin**
 - calming brain chemical
- **Reduce cortisol, adrenaline**
 - stress hormones
- **Uplift immune system**
- **Lower blood pressure**

Complex Carbohydrates

Stress-Busting Foods



- Prompt the brain to make more serotonin,
- Stabilize blood sugar levels
- **Digested more slowly:**
 - Whole-grain breakfast cereals,
 - Breads,
 - Pastas,
 - Oatmeal

Simple Carbohydrates

Stress-Busting Foods



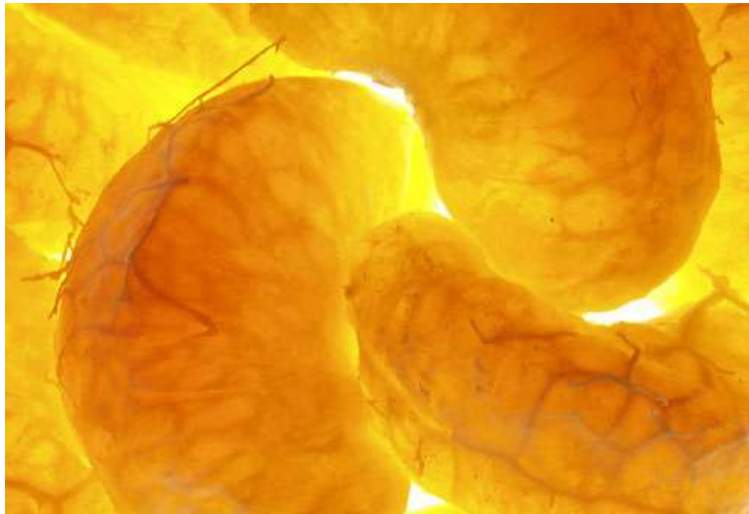
Lollipops

- **Limit intake of simple Carbs**
 - sugars,
 - Sweets,
 - soda.
- **Spike serotonin**
 - Provide only a short-term relief of stress-induced irritability.

Oranges

Stress-Busting Foods

- Rich in vitamin C.
- Reduce levels of stress hormones
- Strengthen the immune system.
- Normalise blood pressure and cortisol levels



Source: WebMD

Magnesium

Stress-Busting Foods



Spinach salad

- **Magnesium deficiency:**
 - headaches and fatigue.
 - compounding the effects of stress.
- **Magnesium rich food**
 - Spinach
 - Soybeans
 - Salmon
 - Green leafy vegetables

Fatty Fish

Stress-Busting Foods



Salmon steak

- **Salmon and Tuna**
 - Contain Omega-3 fatty acids.
 - prevent surges in stress hormones
 - protect against heart disease, mood disorders like depression, and premenstrual syndrome.
- **How much?**
 - 3 ounces of fatty fish at least twice a week.

Black Tea

Stress-Busting Foods



- **Calms and helps in recovery from stressful events,**
 - Lowers levels of cortisol.
- **Coffee (caffeine) worsens stress**
 - boosts stress hormones
 - increases blood pressure

Nuts and seeds

Stress-Busting Foods

- **Great source of omega-3 fatty acids.**
- **Eating a handful of pistachios, walnuts, or almonds every day helps**
 - Lowers cholesterol,
 - reduces inflammation in the arteries of the heart,
 - lowers the risk of diabetes, and
 - Protects against stress.



Pistachios

Avocados

Stress-Busting Foods

- **Half an avocado has more potassium than a medium-sized banana**
 - Reduces blood pressure



Source: WebMD

Almonds

Stress-Busting Foods

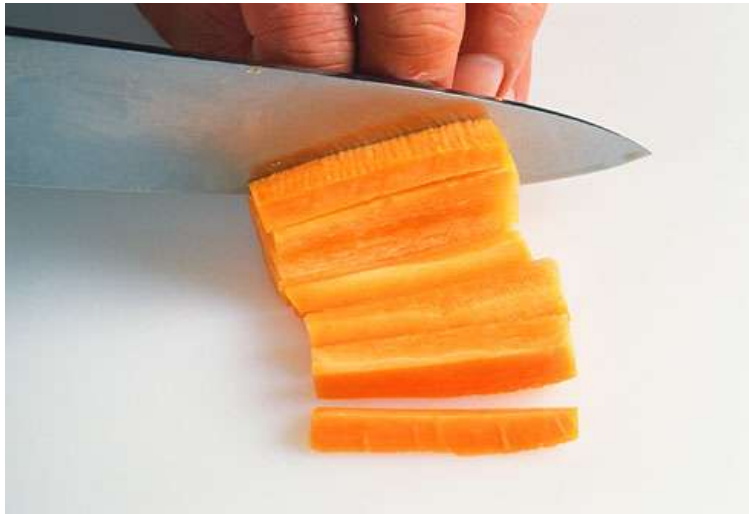


- **Full of helpful vitamins**
 - Vitamin E to bolster the immune system,
 - B vitamins, which aid in recovery from stress, depression.
- **How much?**
 - a quarter of a cup every day.

Raw Vegetables

Stress-Busting Foods

- **Munching celery or carrot sticks helps release a clenched jaw, and that can ward off tension**



Carrot sticks

Bedtime Snack

Stress-Busting Foods



- **Carbs at bedtime speed the release of serotonin which help you sleep better**
 - Stick to something light like toast and jam.
- **Heavy meals before bed can trigger heartburn**

Source: WebMD



Milk

Stress-Busting Foods



- **A glass of warm milk**
 - Bedtime stress buster
 - remedy for insomnia and restlessness.
- **Calcium eases anxiety and mood swings**
 - linked to PMS.
- **Skim or low-fat milk recommended.**

Herbal Supplements

Stress-Busting Foods



St. John's wort

- **St. John's wort** for
 - Depression,
 - anxiety and
 - Pre-menstrual syndrome
- **Valerian root** for
 - calming effect.

Exercise



- **De-Stress with Exercise**
- **Aerobic exercise increases oxygen circulation and produces endorphins (chemicals that make you feel happy).**
- **30 minutes of aerobic exercise three to four times a week is ideal!**

Source: WebMD



Humour: A must!



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."