



10 Foods to Reduce Anxiety and Stress

If you're under a lot of stress (and who isn't), there are foods you can eat to aide your body in combatting stress.

Studies show that deficiencies in folate, magnesium, omega-3 fatty acids, vitamin D, and vitamin B12 play an important role in symptoms of depression.

Here is a list of foods with high amounts of these vitamins and minerals that can boost your mood and reduce your anxiety levels.

1. **Almonds** - Almonds are a source of vitamin E, copper, magnesium, and protein. In addition to its powerful

benefits, such as lowering blood sugar levels, reduced blood pressure, and lower cholesterol levels, studies show that magnesium may be an effective treatment against anxiety-related symptoms. One ounce of almonds (about 12 nuts) contains 75mg of magnesium.

2. **Asparagus** - Asparagus is high in vitamin B12 and folate. One cup of cooked asparagus (around 10 spears) offers 50 percent of your daily requirement of vitamin B12.
3. **Avocados** - Avocados are known a superfood due to its high nutritional content. It contains Vitamin B6, that helps the body make several neurotransmitters, including serotonin, which influences mood. Avocados are rich in stress-relieving B vitamins and good fats that may help to lessen anxiety.
4. **Brazil nuts** – Brazil nuts are energy dense, super nutritious, and pack a high concentration of the mineral selenium.

5. **Blueberries** - Blueberries are a delicious and nutritious snack bursting with antioxidants and vitamin C which has been shown to provide anxiety relief.
6. **Dark Chocolate** - Dark chocolate helps to improve your mood and decrease anxiety. It has a high tryptophan content, which studies indicate the body uses to turn into mood-boosting chemical in the brain such as serotonin.
7. **Eggs** - Eggs are a great source of vitamin D and protein. They also contain tryptophan, an amino acid that helps create serotonin. Serotonin is known to improve brain function and relieve anxiety.
8. **Sunflower Seeds** - Sunflower seeds contain two important mood-boosting nutrients: magnesium and folate. A quarter cup of sunflower seeds provides 28 percent of the daily recommended intake of magnesium and 20 percent of the recommended amount of folate.
9. **Turmeric** - Turmeric is a spice used heavily in Asian foods. The active ingredient in turmeric is called curcumin. In addition to its multiple health benefits

such as the treatment of arthritis, heartburn (dyspepsia), joint pain, stomach pain and Crohn's, it also may help lower anxiety by reducing inflammation and oxidative stress that common with mood disorders such as anxiety and depression.

10. **Yoghurt (Yogurt)** - Fermented and probiotic foods like yoghurt and kefir have been linked to a reduction in social anxiety. The best options are Greek and plain yoghurt.