Stress Less with the Anti-Anxiety Diet

The old saying “you are what you eat” might be truer than we ever realized. Food directly affects your brain—and your mood. Are you giving your mind that top-of-the-line premium fuel, or is it simply running on fumes?

Foods to Fight Anxiety

If you struggle with anxiety, a diet rich in the right foods can help. Some research shows that these ingredients may have a positive effect on reducing anxiety.

- **ZINC:** legumes, beef, cashews, egg yolks
- **PROBIOTICS:** yogurt, pickles, sauerkraut, kefir
- **OMEGA-3 FATTY ACIDS:** salmon, walnuts, chia seeds, flaxseeds
- **MAGNESIUM:** leafy dark greens, whole grains, nuts, seeds
- **ANTIOXIDANTS:** beans, berries, turmeric, ginger
- **ZINC:** legumes, beef, cashews, egg yolks

Best Practices for Beverages

1. Stay hydrated with plenty of water.
2. Reduce or eliminate your alcohol intake.
3. Cut back on caffeine.

Food for Thought

You may need to adjust more than your diet to deal with anxiety. If your symptoms feel severe or last for more than two weeks, talk with your health care provider.

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