



NUTRITION TO NEUTRALIZE STRESS

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NUTRITION FOR STRESS

A list of foods to help combat stress in the body

OMEGA-3

Mood booster & overall brain health

Fatty Fish (salmon, sardines, anchovies, etc)

Walnuts
Flax seeds
Chia seeds
Spinach

MAGNESIUM

Encourages relaxation & manages cortisol levels

Almonds
Cashews
Spinach
Leafy greens
Avocados
Beans
Bananas
Tofu
Whole grains
Dark chocolate

VITAMIN C

Lowers blood pressure & immune support

Broccoli
Cauliflower
Kale
Bell peppers
Tomatoes
Strawberries
Cantaloupe
Kiwi
Oranges

