

Anxiety-busting foods

Ease stress with calming foods that boost the immune system and soothe inflammation, as recommended by Lee Holmes, holistic nutritionist and author.



What to eat when you're feeling stressed



Vitamin E to boost the immune system:

- almonds, avocado, sunflower seeds and green leafy vegetables.



Herbs can alleviate stress symptoms:

- mint and basil are calming
- rosemary can soothe headaches
- turmeric helps lower inflammation
- cumin and cardamom are relaxing.



Magnesium to relax muscles:

- leafy green vegetables including spinach and kale
- beans and nuts
- wholegrains such as brown rice and whole wheat bread.



Herbal teas and warm drinks aid sleep:

- chamomile, lavender and lemon myrtle leaf teas
- add nutmeg to warm drinks.



Omega-3 fatty acids to keep cortisol levels from spiking:

- oily fish such as salmon, trout and sardines, flaxseed oil and chia seeds.



Antioxidant and nutrient rich carbohydrates help your body cope with stress:

- the best sources are sweet potato and pumpkin.

Source:

Emma Brown, 2016, Calming foods to alleviate stress, *Inform Magazine* Issue 26 p14-15.

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