Food and Nutrition For Natural Stress Relief

One excellent way to relieve your stress the natural way is to use nutrition. The foods you choose to eat or not eat can make a large impact in how you feel on an emotional level. It is important that you feed your body nutritious foods instead of turning to stress eating junk food.

**Get B Vitamins From Nuts**

Most foods that will help with stress relief are also very good for you, such as nuts. Nuts contain a lot of protein and vitamin B, both of which can help you with your fight or flight stress response. It is also very easy to add more nuts to your daily diet. You can have a snack of nuts and cheese, add some slivered almonds or chopped cashews to the top of your salad, or simply grab a handful of peanuts in the evenings when you want a quick and tasty snack. These are also great since they are accepted by most diets, including low-calorie, low-carb, paleo, keto, and vegetarian or vegan diets.

**Green, Leafy Vegetables**

All vegetables are good for you and many of them will help you with your stress levels. However, green leafy vegetables are among the best to turn to. These contain folate, which is a type of nutrient that can actually produce dopamine and keep you calm while also improving your mood and focus. Some good leafy greens to try include kale, spinach, and different types of lettuce. You can have a wrap for lunch by putting some chicken inside a large lettuce leaf, have more salads, or make spinach and egg scrambled for a healthy breakfast.

**Turkey**

Turkey breast is another healthy food that contains nutrients to help with your stress. Another chemical in your brain that helps reduce stress is serotonin, which can help with overall wellbeing, but also improves your level of happiness. It is often found in amino acids, which are in high-protein foods like chicken and turkey breast. Turkey breast is easy to prepare, goes with almost any meal, is low-fat, and is very healthy for you. Try having a sandwich or salad with turkey, grabbing some slices as a snack with nuts or cheese, or replacing your ground beef with ground turkey in tacos and other meals.

The best thing you can do is focus on having a lot of nutrients in your diet, such as increasing vitamins and minerals you have each day. Try to eat more lean protein, dairy, fruits and vegetables, whole grains, and of course nuts and seeds.