

Feel good 

SHOPPING LIST

FOODS THAT HELP REDUCE STRESS

Holiday season is officially upon us! This wonderful time of year is packed with fun, but it also adds a layer of stress to our lives. Plus, this month is jam-packed with events that can leave us feeling run down. To make sure you're feeling your best this holiday season, here's a list of foods that help reduce stress!

Quinoa: Carbohydrates increase levels of serotonin—a hormone that helps boost mood and lower stress. Quinoa not only supplies carbs, it also boasts 5g of fiber and 8g of protein per cooked cup, making it a supercarb. Try it in my [Overnight Quinoa & Oats with Pumpkin](#).

Salmon: Not only are fatty fish, like salmon and tuna, heart-healthy, they contain omega-3s that are thought to travel through the body and interact with mood-related brain molecules. Make your brain and taste buds happy with this [Gingered Salmon Over Black Rice](#).

Chamomile tea: This relaxing herb has been used for centuries to treat anxiety and to help promote sleep. Some [studies](#) show that chamomile tea can stimulate the immune system, so it may be helpful to consume during the fall and winter. Brew a cup or use it in this [Minty Fruit Salad](#).

Kimchi: Fermented foods contain probiotics which help reduce cortisol, a stress hormone, in the body. Probiotics also improve gut health, and because our gut and brain are connected by the gut-brain axis, a healthy gut can help lower symptoms of depression, anxiety, and stress. Try kimchi in my [Gut Health Grain Bowl](#).



Citrus fruit: Don't let stress take the fa-la-la out of your holidays! Renowned for their antioxidant and immune-boosting properties, these vitamin C powerhouses can help protect us against stress and anxiety. Get more C with my [Love Smoothie](#).



Hummus: Foods high in B vitamins, including B6, promote a healthy nervous system that allows the body to effectively fight the symptoms of stress. One of the best sources of B6 is chickpeas, so grab a tub of everyone's favorite Mediterranean dip and start snacking!

Dark chocolate: Who doesn't feel happy when they eat chocolate? Dark chocolate is the OG feel-good food. Not only is it rich in flavonoid antioxidants, it may also help lower hormones in the body. More reason to make a batch of this [Chocolate Bark](#)!

Bananas: The mineral magnesium plays a crucial role in lowering inflammation and breaking down the stress hormone, cortisol. Bananas contain 37 mg of magnesium. If you have some that need to be used up, make these nutritious [Emerald Muffins](#).

Garlic: While our breath may not thank us, our mood will! Garlic is high in sulfur compounds that help increase levels of glutathione - the antioxidant that plays a role in your body's first line of defense against stress. Warm up with this garlicky [Tortilla Chicken Soup](#).

Yogurt: When we're under stress, our body releases calcium from our bones and teeth, which can lead to osteoporosis. We need 1000mg/day of this mineral and many of us don't get enough. Get some extra calcium today with my [Pomegranate-Berry Smoothie](#).

