

# ANTI-STRESS NUTRIENTS

Nutrition Tip



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# INTRODUCTION

- We all have stress sometimes. Sometimes stress is helpful – it can encourage you to meet a deadline or get things done. But long term stress can increase the risk of diseases like depression, heart disease and a variety of other problems.
- Stress activates hormonal release which will result in symptoms such as
  - > increased heart rate, causing fatigue and lethargy
  - > depressed immune system, causing increased risk of sickness and infectious diseases
  - > muscle tension, causing cramps
  - > anxiety, causing lack of sleep
- Nutrition support is especially important during times of stress. Therefore, it's important for us to boost our energy and immune system during stress.

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# BOOST YOUR ENERGY

- Requirement for vitamin B complex may be increased during stress
- Vitamin B complex can be beneficial in helping to alleviate the symptoms of anxiety and stress such as lethargy and fatigue
- Vitamin B complex is naturally found in animal products, including fish, meat, poultry, eggs, milk and milk products, as well as whole grain foods



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# BOOST YOUR IMMUNE DEFENSE

- The immune system will be compromised during stress
- A diet high in fruits and vegetables has many of the phytonutrients critical to enhance immunity
- The vitamins and minerals in fruits and vegetables also help to keep our immune system to work properly by providing us protection from infections and diseases



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# CAN'T SLEEP? MILK – A BEDTIME STRESS BUSTER

- The calcium in milk can reduce muscle spasms and soothe tension – symptoms caused by anxiety



Bored of drinking milk on its own? Explore other fun ways to include milk into your diet!

Try out the recipe for mango smoothie!

## RECIPE FOR MANGO SMOOTHIE

### Ingredients

- 1 ripe mango
- 1/3 cup (85g) plain low-fat yogurt
- 200 ml skim milk
- 1 tsp honey

### Method

1. Cut the mango into cubes and place it in a blender.
2. Pour in the yogurt, milk and honey.
3. Process until smooth



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# DE-STRESS SNACK? TAKE A BREAK WITH A CUP OF TEA

- Green tea is often used as a relaxing beverage
- It is a natural source of antioxidants
- The tea also contains L-theanine, a component that can induce a perceived state of relaxation which will help us to combat stress!



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