**BLOG #4**



**Does what you eat or drink affect one's stress level?**

When one is stressed, they will often crave sweets, carbohydrates, and comfort foods. However, some specific foods and beverages can help manage stress levels.

When the body is stressed, the central nervous system releases stress hormones, adrenaline, and cortisol. Stress hormones start the fight or flight response, cause your blood pressure to rise, and increase your breathing. Although there is limited research on what nutrients ease stress, according to eatright.org, some studies show inadequate nutrient intake can cause stress and anxiety.1

For example, green tea contains the amino acid L-theanine, which promotes relaxation, boosts dopamine, and will help lower one's blood pressure.2

Vitamin D is a nutrient the body needs to build and maintain healthy bones, regulate cellular function, and support the immune system. Vitamin D is an essential nutrient to one's overall health. Vitamin D can is in fortified milk, fortified cereal, salmon, mackerel, and sardines, and the body also makes vitamin D from sunlight. The recommended daily amount for people ages 1 to 70 is 600 IUs a day and 800 IUs for those over 70.3

Furthermore, B vitamins and antioxidants are also essential nutrients, and whole grains, fruits, vegetables, dairy, beans, and meats all provide a variety of B vitamins and antioxidants.

So, no one nutrient prevents or helps manage one's stress levels. However, a combination of maintaining a balanced diet, consuming an adequate amount of essential nutrients, participating in regular physical activity, socializing, practicing relaxation activities can help health ease one's stress.1

References:

1. <https://www.eatright.org/health/wellness/preventing-illness/lifestyle-and-managing-stress>

2. <https://www.livestrong.com/slideshow/1011480-10-ways-break-up-emotional-eating-good/>

3. <https://www.mayoclinic.org/drugs-supplements-vitamin-d/art-20363792>