

10 Foods that can help to combat Stress

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|  | <p>Green leafy vegetables like spinach contain folate, which produces dopamine, a pleasure-inducing brain chemical, that helps you to keep calm</p> |
|  | <p>Seaweed is rich in iodine and is one of the few sources of this important mineral. If you consume too little iodine it can trigger fatigue and depression</p> |
|  | <p>Blueberries are rich in nutrients and antioxidants. The antioxidants and phytonutrients found in berries help to improve your body's response to stress.</p> |



Oysters contain more zinc per serving than any other food. Zinc is an antioxidant, which has the ability to possibly strengthen the immune system, have anti-inflammatory properties



The omega-3 fatty acids in salmon have anti-inflammatory properties that may help counteract the negative effects of stress hormones



Whole eggs are one of the few natural sources of vitamin D which is linked to several health benefits, including better immune function, anti-inflammation, and mood regulation



Chia seeds and pumpkin seeds are all great sources of magnesium. Magnesium has been shown to help alleviate depression, fatigue, and irritability



The spice is known for its anti-inflammatory properties, specifically curcumin which is known to possibly stimulate the 'feel-good' hormones in our body, like serotonin and dopamine



A 2014 study in the [*International Journal of Health Sciences*](#), consuming 40 grams (g) of 70% dark chocolate daily during a period of two weeks reduced stress in individuals in the study.



Avocados are not only delicious served on wholemeal toast or sliced and added to a salad —they also offer omega-3 fatty acids. Research has found that high doses of these essential acids may reduce anxiety.

Following are some nutritious recipes for you to try, including a Vegan Swiss Chard Gratin