



ANTI-ANXIETY FOODS

Support Your Mind With What You Eat



Leafy Greens

Examples: Spinach, kale, chard



Avocados

Rich in B vitamins and healthy fats that reduce stress



Fatty Fish

Examples: Salmon, mackerel, sardines



Bananas

Vitamin B& helps serotonin production; potassium regulates blood pressure



Nuts & Seeds

Examples: Almonds, walnuts, pumpkin seeds and o-chid



Berries

Antioxidants support brain health and lower inflammation



Dark Chocolate

Choose: 70% cacao or higher



Herbal Teas

Examples: Chamomile, lemon balm, green tea

Let food support your calm.



QUICK TIPS



Stay hydrated



Limit caffeine



Avoid skipping meals



Choose whole, unprocessed foods