

Anxiety- fighting Foods



The old saying “you are what you eat” might be true! Research shows that these ingredients may have a positive effect on reducing anxiety:

⦿ ANTIOXIDANTS

beans, berries, turmeric, and ginger

⦿ OMEGA-3 FATTY ACIDS

salmon, walnuts, chia seeds,
and flaxseeds

⦿ PROBIOTICS

yogurt, pickles, sauerkraut, and kefir

⦿ MAGNESIUM

leafy dark greens, whole grains, nuts,
and seeds

⦿ ZINC

legumes, beef, cashews, and
egg yolks

Drinking plenty of water and reducing alcohol and caffeine may also help your mood. You may need to adjust more than your diet to deal with anxiety. If your symptoms feel severe or last for more than two weeks, talk with your health care provider.