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.