



Nutrition And Stress

Stress places added demands on the body, thus increasing the importance of good nutrition.

Basic Guidelines

Eat a variety of foods.

- Vegetables, and fruits (5 servings per day)
- Bread, cereal, and grain products (4 servings per day)
- Milk, cheese, yogurt (2 servings per day)
- Meat, poultry, fish, eggs, beans (2 servings per day)

Also ... **DRINK PLENTY OF WATER.** It is an essential nutrient.



Maintain Your Ideal Weight

Being overweight increase an individual's chance of developing such chronic conditions as high blood pressure, diabetes, and heart disease. In addition, it places added stress on the body, and interferes with one's ability to cope with stressors.

Avoid Too Much Fat and Cholesterol

Intake of the following foods, high in saturated fat, should be limited:

- Meat (beef, lamb, pork and pork products)
- Chicken fat, meat drippings
- Eggs
- Butter and margarine
- Coconut oil, palm oil, hydrogenated shortening
- Whole milk, whole milk cheese, cream and ice cream
- Products made from the above such as pastries and gravy

Avoid Too Much Sugar

- Use less white sugar, brown sugar, raw sugar, honey, syrup
- Eat less candy, soft drinks, cookies
- Read food labels: avoid sucrose, glucose, maltose, dextrose, lactose and fructose
- Eat fresh fruits or canned fruits without syrup

Avoid Too Much Sodium

- Learn to appreciate the natural flavor of foods without salt
- Cook with small amounts of salt

Avoid Alcohol or Use in Moderation

- It is high in calories and depletes the body of vitamins and nutrients

Avoid Caffeine

- It is a stimulant and can aggravate or increase a stress response

The following tips may be helpful in sustaining energy and obtaining nutrients:

- Eat regularly, even if not hungry
- Eat 4 to 5 small meals per day. This will help avoid the body stress and physical symptoms of hypoglycemia and will provide a more constant blood sugar and energy level.
- Keep high-energy, nonperishable foods in your office. Fruits, dried fruits, granola bars, nuts, and trail mix are good sources of energy and nutrients.
- Maintain an adequate fluid intake. Carry water, juice or fluids with electrolyte supplements.
- Take a good vitamin and mineral supplement to be sure the body is getting the proper nutrients.
- Eat with a friend or co-worker. Interaction, support, and humor can help to replenish you emotionally as well as physically.

Source: National Institute of Mental Health

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