

# SNAP OUT OF STRESS!



Eating well is a form of self-care!



Having **regular** meals and boosting your intake of key stress-fighting **nutrients** are some of the ways we can better manage our body's stress response.

## Take the FIGHT out of Food!

### SPOT THE PROBLEM



Many people have stress triggers that cause them to eat more or less. Start by defining what's **causing** your fight with food.

### GET THE FACTS



Use facts from **credible sources** to identify your triggers. Then you can take active steps to tackle stress before it tackles you.

### SEEK SUPPORT



If your own methods aren't working, don't be afraid to ask for help. Put the plan into action with **support** from a dietitian, family and friends.



## FOODS TO FOCUS ON



### B VITAMINS



B vitamins help convert stored *energy* into *fuel*. Include foods such as **leafy green veggies**, **nuts** and **avocados**.

### VITAMIN C



Vitamin C helps *lower* the body's response to the stress hormones. Consume more foods like **oranges**, **strawberries** and **tomatoes**.

### MAGNESIUM



Magnesium helps to *relax* muscles and reduces anxiety. Increase **nuts**, **seeds** and **leafy green veggies**.

### OMEGA 3'S



Omega-3 fatty acids have been shown to *reduce* stress hormones. Consume more fatty fish such as **salmon**, **sardines** and **mackerel**.

Questions or concerns? Contact SNAP at [snap@uoguelph.ca!](mailto:snap@uoguelph.ca)



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