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!

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