

“Let Us Love One Another”

# 5 Foods for Stress

## 1. Dark Chocolate



Research has shown that a small amount of Dark Chocolate is great for your heart and has a positive impact on your brain which helps significantly with stress.

## 2. Kiwi



A large amount of Vitamin C greatly helps with stress. Kiwi happens to have a very large amount of it!

## 3. Peanut Butter



Nuts contain Omega-3s that make stress easier to handle. Because Nuts are often expensive to buy, Peanut Butter with low sugar will work as a great substitute. PB contains a specific compound that fights against stress.

## 4. Strawberries



Strawberries contain a great amount of magnesium which is a great help in reducing stress.

## 5. Oats



Eating Oats will produce a nice calming effect. Old fashioned oats that require cooking are better because they are higher in fiber than instant oatmeal. The higher the fiber the longer the calming effect lasts.

