

STRESS AND DIET

Definition of Stress: - The word **stress** is derived from the Latin word "stringi", which means, "to be drawn tight". Stress can be defined as follows: Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response.

Stress can come from any situation or thought that makes you feel frustrated, angry, nervous, or anxious.

Today we live in a more stressful world than ever before and many people feel constantly fatigued. A good way to combat fatigue is to be careful about what you eat and make sure you have a diet to reduce stress; this will also reduce hunger pangs and the desire to overeat. Stress can lead to tiredness and overeating. Chronic stress increases the production of hormones that unbalance glucose levels in the blood, which can make you feel hungry triggering overeating that causes more stress.

Types of Stress

- ✓ **Emotional stress** - is what most people think of as stress e.g Death of a spouse, Divorce, Personal injury or illness, Marriage not working.
- ✓ **Thermal stress** - results from being exposed to temperature extremes.
- ✓ **Physical stress** - results from Heavy physical work, Poor posture, Structural misalignments, Lack of sleep and overweight e.g. Fired from a job, Change of work
- ✓ **Chemical stress** - from ingesting Food Additives, Exposure to pollutants, and Consumption of sugar and alcohol

✚ **The causes of stress are: -**

- Death of spouse, family, near relative or friend.
- Injury or illness of any family member.
- Fear, intermittent or continuous.
- Threats: physical threats, social threats, financial threat, other threats.
- Lack of sleep.

✚ **The long term effects of stress are:**

- High blood pressure
- Anxiety and depression
- Migraines
- Insomnia
- Digestive disorders
- Heart diseases
- Stroke and Fatigue

- ✓ **Stress is recognized as the number one killer today**
- ✓ **According to the AMA, stress is the cause of 80 to 85 % of all human illness and disease**

As stated earlier that food and stress are linked. Let us study their relationship in detail.

Stress and Nutrition: *Stress can be a problem in itself, of course. But stress can sometimes lead to unhealthy lifestyle patterns—which lead to more stress! For example, when we're harried and under stress, we tend to make poor food choices. Unfortunately, these food choices can create more stress in the long run, as well as other problems.*

Here are some diet tips that are believed to help combat stress:

Oats –They are reckoned for their calming properties, rich in B vitamins which can help calm an over stressed nervous system

Strawberries, raspberries dark vegetables and oranges- These are all rich in vitamin C and this is needed to replenish adrenaline stored in the adrenal glands. If you are stressed you need a lot of vitamin C and the bodies' requirement doubles. Smokers deplete vitamin C so if you must smoke get plenty of these vitamins.

Skimmed milk & low fat yogurt -Is a great source of magnesium and calcium two minerals that help soothe muscle tension.

Carrots and Apples- Eat them raw and they have been scientifically proven to reduce stress. by the crunching noise! Any crunchy vegetable or fruit is good.

Omega-3 fatty acids- It is found in fish can prevent surges in stress hormones and protect against heart disease.

Almonds- It has vitamin E to augment the immune system, plus a range of B vitamins, which may make the body more flexible during stress.

Water should be consumed in high quantities i.e. minimum 2 liters. It is good for the skin and helps you throw out toxins from your body and keeps the kidneys in proper shape.

If you can change your food habits you will be able to fight with stress quiet easily. If you avoid junk and other undesirable foods it will not only help in reducing stress but also ensure that you lead a healthy life.

SO EAT HEALTHY AND STAY HEALTHY HAPPY AND BRIGHT!!!!!!!

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