



# Nutrition

Certain foods and drinks act as powerful stimulants to the body and can have an impact on stress levels. Reducing your intake of caffeine, refined sugar, and certain processed foods will naturally decrease stress to your body because you are ingesting less chemicals. It is also important to drink plenty of water to help move fluid through the body.

Each individual is unique when it comes to finding an ideal diet. Below you will find some healthy food tips that can help manage stress.

All dietary information is provided by nutritional consultant Christie White, CHC, AADP. For more information on how to make your diet “stress-proof” contact Christie White at [www.mycreativehealthylife.com](http://www.mycreativehealthylife.com)

## Foods that Generally Help Bring Balance to the Body

- Green tea
- Leafy Green Vegetables (Kale & Broccoli)
- Whole Grains (Rolled NOT instant Oats, Buckwheat, Brown Rice, and Quinoa)
- Seasonal Fruits (oranges and grapefruit)

<b>DIRTY DOZEN</b> High in Pesticides *Try to buy these foods organically	<b>CLEAN DOZEN</b> Lower in Pesticides *These are OK organic or non-organic
Peaches Apples Sweet Bell Peppers Celery Nectarines Strawberries Cherries Pears Grapes (Imported) Spinach Lettuce Potatoes	Onions Avocado Sweet Corn (Frozen) Pineapples Mango Asparagus Sweet Peas (Frozen) Kiwi Fruit Bananas Cabbage Broccoli Papaya

\*Source [www.foodnews.org](http://www.foodnews.org)

## MEAL PLANNING TIPS

### The Lunch Dilemma

Turn that tasty dinner into next day’s lunch. Stir-fry’s and bean/lentil dishes can easily be converted into another meal. Grab a bag of Whole Grain wraps and get creative with your left-overs.

### Holiday Sweets

During the holidays try to bake with more gentle sweeteners like brown rice syrup or agave nectar.