

# EATING FOR STRESS

Even in the best of times, you need food to survive and be healthy. Chronic stress with stress overdrive is certainly not the best of times, so the food choices you make become even more important to your health.

Some diets, like ketogenic and paleo, are great in some instances but are not best for those experiencing chronic stress or stress overdrive. Here are some tips to eating for stress with the general proviso that patients with adrenal fatigue should limit fruit intake, especially in the morning, and eat adequate protein, while those with stress overdrive but good adrenal function should eat more fruit and vegetables and less animal protein:

## THE GOLDEN RATIO

In each meal and snack include: **protein** (more vegetarian than animal); **complex carbohydrates** (whole grains), **starchy vegetables** (like carrots, sweet potatoes and legumes); and **good quality fats** (fresh olive, coconut, sesame, or flax oil)

## EAT YOUR VEGETABLES

Every day, you should include 6-8 servings of a wide variety of vegetables in your meals, especially those that are naturally highly colored (bright green, red, orange, yellow or purple). Vegetables provide essential vitamins, minerals, antioxidants, and a high amount of fiber.

## EAT AT REGULAR INTERVALS

Long periods without food and nourishment make your adrenals work harder, which means more cortisol released to help the body function. **Having 3 nutritious meals, plus 2-3 snacks spread throughout the day**, is a great way to help balance blood sugar and decrease the workload on your adrenals.

## AVOID CAFFEINE

Like what you eat, what you choose to drink will either support or put a strain on your adrenals. **People with chronic stress should avoid caffeinated drinks like coffee, tea, soda, and energy drinks.** The caffeine may provide a temporary boost, but it will leave you feeling worse soon after.

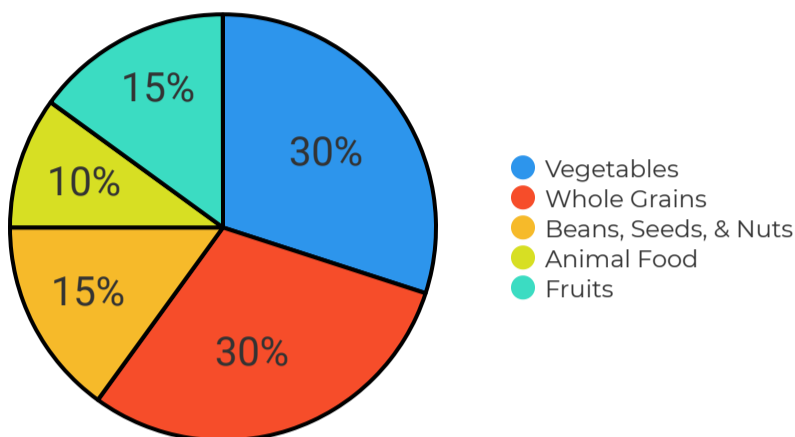
## DON'T FORGET THE PROTEIN

Good quality protein from meat, fish, fowl, eggs, dairy and especially various plant sources (soy and other legumes, nuts and seeds) is **essential for stress**. Try to avoid processed proteins, such as packaged lunch meats and processed cheeses.

## AVOID SUGAR AND WHITE FLOUR

Ironically, foods made with these ingredients such as doughnuts, rolls, pies, cakes, cookies, crackers, and candy bars are the ones that many people suffering from chronic stress crave. Sugar and white flour are entirely naked calories, the metabolism of which drains an already depleted body of the vitamins and minerals it needs to heal or to maintain.

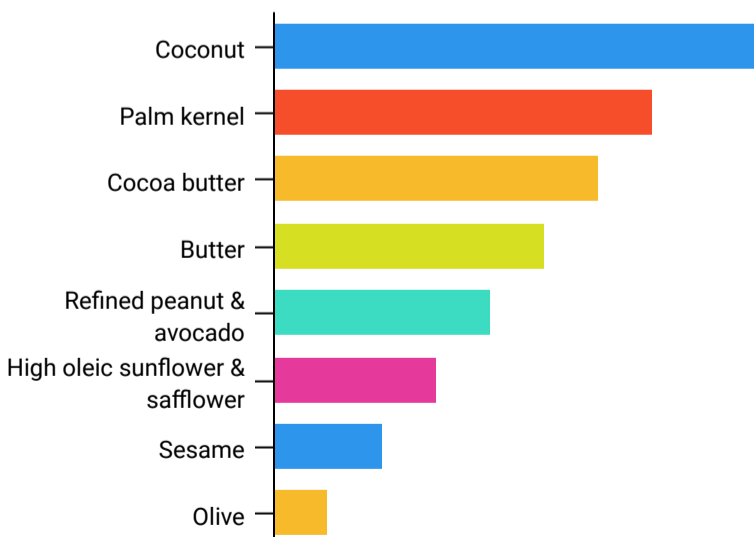
## DIETARY INTAKE WHEEL FOR STRESS



## EAT THE RAINBOW



## RECOMMENDED OILS FOR COOKING (IN ORDER OF PREFERENCE)



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