What We Eat Affects Anxiety – Here’s How

by EMILY JASON

What You Should Know About Nutrition and Anxiety

Anxiety and stress issues are among the most common mental issues nowadays. And even though these conditions are highly treatable it is not always easy to deal with them. Anxiety and anxiety disorders often require major changes in your lifestyle. This includes your sleep regime, exercises and your diet. It is proven that nutrition and anxiety go hand-in-hand. There are certain foods that can trigger your anxiety and there are foods that are actually helpful and can contribute to easing the problem. Here are the foods that you should avoid and foods that will be helpful for your body and mind.

What to Avoid?

Alcohol

It is absolutely necessary to avoid or limit alcohol if you are struggling with anxiety. Even though that the primary effect of alcohol is calming, in long term it actually will trigger your anxiety. Alcohol leads to dehydration and it is a major factor for feeling anxious. It can also harm your sleep which triggers anxiety.

Caffeine and Caffeine Drinks

Avoid or limit caffeine and any drinks that may consist of caffeine, like some sodas, energy drinks and teas. Caffeine causes rush of adrenaline and energy which can increase the levels of anxiety. It also can lead to dehydration and interfere with your sleep.

Fried Foods

Try to limit the number of fried foods that you consume. This type of food is hard to digest and has low nutritional content. It can also contribute to heart diseases and lack of energy.

What to Eat?

Water

It is proven that even slight dehydration may affect your mood, and in most cases, this causes anxiety. It is crucial to pay attention and be hydrated. Try to always have a glass of water near you or carry a bottle in your bag. This will help you not to forget to drink it regularly and maintain the necessary levels of water in your body.

Fresh Fruit and Vegetables

It is arguable which is more important for those with anxiety issues – fruits or vegetables. But it is for sure that you have to include them in your daily meal. If you are suffering from anxiety you will have to avoid refined sugar and

still find a way to provide it to your body. You can use fruits for that. They can provide sugars that can turn into energy along with their nutritional content. On the other hand, people with anxiety often have a lack of certain vitamins and the most natural way to get them are vegetables. They are also rich in fibers and it is important to pay attention and include enough diverse vegetables in your meal.

Foods Rich in Vitamin B

There is a certain relationship between anxiety and the level of B vitamins in your body. B vitamins are responsible for your nervous system and if you have a deficiency it can easily trigger your anxiety and even depression. If you are not willing to take B vitamin supplements you can easily find them in some specific foods. This includes foods like eggs, rice, nuts and citrus fruits. You can also include in your meal chicken, pork and beef.

Foods Rich in tryptophan

It is proven that those kind of foods have a great positive impact and can reduce stress levels and anxiety. Such foods contain a component that helps the brain to produce chemicals that contribute to feeling good and relaxation. You can find tryptophan in various food that include bananas, oats, soy, chicken and sesame seeds.

Best Vitamins for Anxiety

While you can receive vitamins from foods, you can also receive them from actual vitamins. Usually, these can be found at a drugstore or grocery store, but be sure to discuss vitamin intake with your doctor before trying them out!

Vitamins for anxiety can help relax your nervous system. This can help ease jitters and can promote deep breathing.

Try these top choices:

- Omega 3 fatty acids
- Probiotics
- Vitamin B
- L-theanine

Best Supplements for Anxiety

If you find vitamins do not work, you may consider talking to your doctor about supplements. Supplements are like vitamins, as they are manufactured in pill form and hold the nutrients you need.

Common supplements for anxiety:

- GABA
- Passionflower
- Valerian root
- Licorice root
- Ashwagandha
- Rhodiola

Keep in Mind

Diet changes, vitamins and supplements are not a cure-all for anxiety. Rather, they help manage symptoms. Be sure to talk to your doctor before implementing diet changes and vitamin intake. You need to make sure you are making the best health decisions for yourself and not causing harm.