

Fight Stress With The Right Food



There are many things that can trigger stress. But thankfully, there are also many ways to reduce your stress levels. For instance, there are certain food that can provide comfort and promote the production or release of hormones that naturally fight stress.

There are also food types that fight stress by lowering the levels of stress-inducing hormones. Below are some simple ways on how you can use food to your advantage when it comes to fighting stress and its negative effects.

Choose Carbs

Aside from boosting energy levels, carbohydrates are also known to increase levels of the natural body chemical called serotonin. Upon the increase of serotonin, people under stress can immediately experience better cognitive function making them more relaxed and able to concentrate. Just make sure that you choose the right and healthy carbohydrates. Spaghetti can be a great snack for that quick stress-busting relief! It's also easy to make using [Del Monte's Spaghetti Merienda Pack](#).

Pick Some Fatty Fishes

Fatty fishes, which are basically good sources of omega-3 fatty acids, have been found to help ease stress and depression according to WebMD. It contains chemicals that promote better communication between the body's nerve cells. These are also great for cardiovascular health. Examples of fatty fishes are tuna, salmon, mackerel, sardines, and herring, among others. Try these tuna recipes to get your dose of omega-3: [Restaurant Style Grilled Tuna Steak](#), [Tuna Piña A La Pobre](#), and [Tuna Yoghurt Spread](#).

Take More Vitamin C

Sure, you've already heard about how Vitamin C boosts the immune system. But did you know that it can also help fight stress? Based on an article from LiveStrong, studies show that the right amount of this vitamin can reduce the levels of cortisol, a stress-related hormone. Eating citrus fruits such as oranges, strawberries, and grapefruits can be a good start to your vitamin C-rich diet plan. You may also drink beverages rich in vitamin C such as a can of [Del Monte 100% Pineapple Juice](#).

Many people turn to eating whenever they are faced with stressful situations. However, most of them end up munching on unhealthy food choices. Once you feel like the whole world is closing down on you, just remember that there are food that will not only make you feel better but also promote good health. Begin your fitness journey with Del Monte!

Sources:

<http://www.livestrong.com/article/487642-vitamin-c-dosage-to-reduce-cortisol/>

<http://www.webmd.com/cholesterol-management/features/low-cholesterol-diet-fatty-fish>