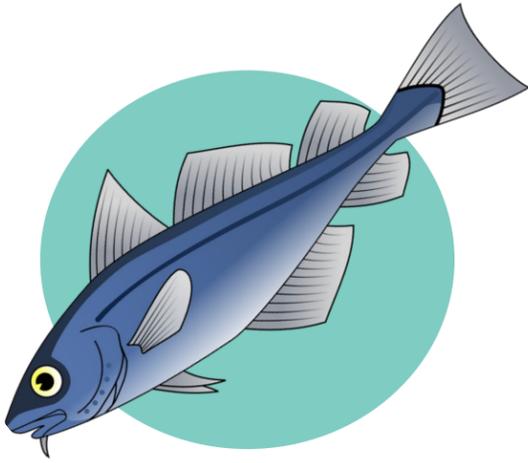




FOODS THAT MAY REDUCE SOME EFFECTS OF STRESS

Stress can set off a chain reaction of events. It can reduce your immunity, induce poor eating habits and weight gain, increase heart rate, increase blood pressure and in turn damage the artery walls. These are some foods that may help you combat the effects that stress has on your body.



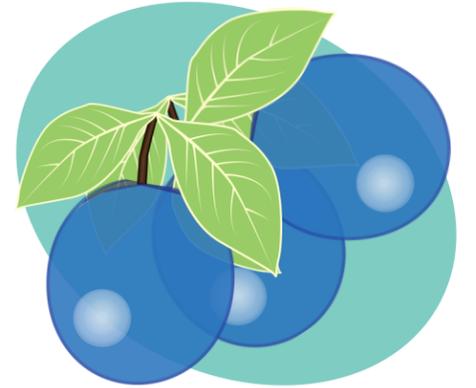
Tuna or Salmon

These types of fish are high in Omega-3s which can decrease triglyceride levels, slow the growth rate of atherosclerotic plaque, and slightly lower blood pressure.



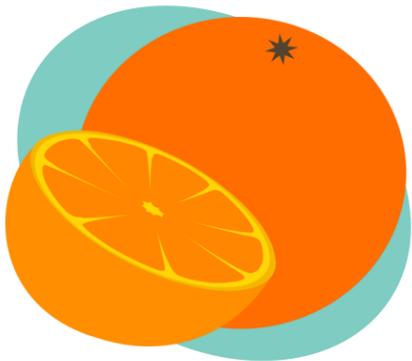
Leafy Greens

These types of vegetables contain B vitamins plus minerals such as magnesium and iron, which help boost energy levels and are good for your body.



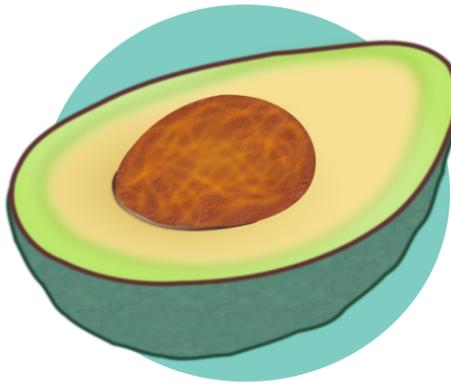
Blueberries

Antioxidants are present in many fruits including blueberries. Antioxidants help strengthen cells and increase oxygen levels in the body. This can have a positive impact on brain health.



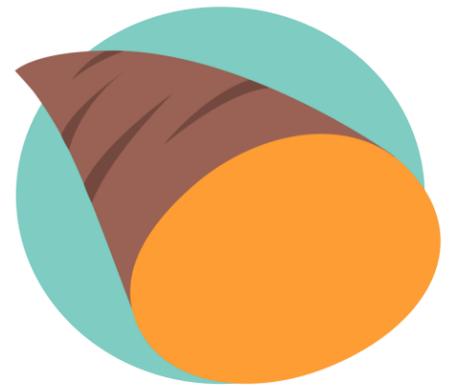
Oranges

Many fruits, including oranges, are good for energy generation. Look for fruit high in vitamin C to help unlock energy.



Avocados

Avocados contain unsaturated fats which can help reduce bad (LDL) cholesterol and triglycerides levels.



Sweet Potatoes

Sweet potatoes are an excellent source of fiber. Eating higher fiber foods has been linked to reducing stroke risk and sustaining energy throughout the day.



Bananas

Potassium rich foods, like bananas, are important because potassium lessens the effects of sodium. It also helps to ease tension in your blood vessel walls, which further helps to lower blood pressure.



Green Tea

Green tea contains antioxidants and may help boost your metabolism and energy levels.



Dark Chocolate

Cocoa in dark chocolate is loaded with flavanols, which have been linked to improved mental function as well as decreased insulin resistance, blood pressure and oxidative stress in those drinking high and intermediate levels of flavanols daily.



One Caution

It's important to remember that no single food is a silver bullet, and there are other behaviors that work in tandem to promote good heart health including avoiding smoking, maintaining a healthy weight and exercising regularly.

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