

# 50 Foods that Reduce Stress

1. **Acai berries**
2. **Almonds**
3. **Apples**
4. **Asparagus**
5. **Avocados**
6. **Bananas**
7. **Basil**
8. **Beans**
9. **Blueberries**
10. **Broccoli**
11. **Cashews**
12. **Chamomile tea**
13. **Chia seeds**
14. **Cilantro**
15. **Coconut**
16. **Collard greens**
17. **Cranberries**
18. **Dark chocolate**
19. **Fermented foods**
20. **Flaxseed**

# 50 Foods That Reduce Stress

21. Garlic

22. Ginger

23. Grapefruit

24. Hemp seeds

25. Kale

26. Kava tea

27. Lemon

28. Nutmeg

29. Oatmeal

30. Onions

31. Oranges

32. Oysters

33. Parsley

34. Passionflower tea

35. Peanut butter

36. Peppermint tea

37. Pistachios

38. Pumpkin seeds

39. Quinoa

40. Rosemary

# 50 Foods That Reduce Stress

41. Salmon

42. Seaweed

43. Spinach

44. Sweet potatoes

45. Swiss chard

46. Tomatoes

47. Turkey

48. Turmeric

49. Valerian root

50. Yogurt

# 50 Foods That Increase Stress

1. Alcohol
2. Artificial sweetener
3. Bacon
4. BBQ Sauce
5. Beef jerky
6. Bread
7. Cake
8. Candy
9. Canned foods
10. Cereal
11. Chinese food
12. Coffee
13. Coffee creamer
14. Cold cuts
15. Cow milk
16. Doughnuts
17. Energy drinks
18. Fast food
19. French fries
20. Fried chicken

# 50 Foods That Increase Stress

21. Frosting

22. Frozen meals

23. Fruit juice

24. Gum

25. Hot dogs

26. Hot Pockets

27. Ice cream

28. Ketchup

29. Margarine

30. Mayonnaise

31. Meal replacements

32. Microwave popcorn

33. Mozzarella sticks

34. Nachos

35. Pasta

36. Pastries

37. Pepperoni

38. Pizza

39. Pop Tarts

40. Potato chips

# 50 Foods That Increase Stress

41. Ramen noodles
42. Salad dressing
43. Sausages
44. Soda/diet soda
45. Soy sauce
46. Sports drinks
47. Sugar-free Jell-O
48. Tofu
49. Tomato sauce
50. Wheat bran