

Sponsored Links



Posted on Tue, Nov. 09, 2010 10:15 PM

[Buzz Up](#) [Share](#) [Email](#) [Print](#)

Foods that will bust stress, not your waistband

By ALISON JOHNSON
Daily Press (Newport News, Va.)

The holiday season often brings stress along with fun, but certain foods may help your nerves without packing on pounds.

"There are foods that really do have calming properties based on how their specific nutrients are used by the body," says Gloria Tsang, a registered dietitian and founder of the online nutrition site HealthCastle.com. Here are five smart moves:

- Work citrus fruits into your meals. These fruits are rich in vitamin C, which research has shown may help lower blood pressure during stressful situations. Choose oranges, grapefruits, lemons, limes and kiwis.

- Switch to whole-grain carbohydrates. All carbs temporarily boost levels of the "feel-good" brain chemical serotonin, but many of these "comfort foods" — think cookies and chips — aren't so good for the rest of you. Go for healthier options such as whole-wheat pastas.

- Brew a mug of tea. Green, black and white teas have half the caffeine of coffee but offer the same comforting warmth. They also are packed with flavonoids, natural antioxidants that may help blood vessels relax and lower blood pressure.

- Pick dark green vegetables. Produce such as broccoli, collard greens, spinach and kale are high in B vitamins, which may help fight anxiety.

- Snack on nuts. They're also high in B vitamins, as well as magnesium, a mineral involved in production of serotonin.

Posted on Tue, Nov. 09, 2010 10:15 PM

[Buzz Up](#) [Share](#) [Email](#) [Print](#)

ALWAYS GET THE STORY
SIGN UP FOR TEXT ALERTS
GO MOBILE

Get The Star now for only **\$1.25/week** + tax
Click here for this special offer >

[Like](#)

Showing 0 comments

Sort by [Newest first](#) [Subscribe by email](#) [Subscribe by RSS](#)

Real-time updating is **enabled**. [\(Pause\)](#)

Add New Comment

Required: Please login below to comment.

[KansasCity.com](#) [DISQUS](#) [Connect](#) [Twitter](#)

Type your comment here.

Post as ...

<p>5 Diet Pills that Work 2010's 5 Best Weight-Loss Pills - All-New Ratings & Reviews. www.DietRatings.org</p>	<p>Eleviv Dietary Supplement Buy Eleviv by XanGo online here. Quick order hotline 1-800-919-8004 XanergyHealthShop</p>	<p>Top 6 Diet Pills of 2010 Ratings of the top 6 diet pills. Which is best for you? NewFatBurner.com</p>
---	---	---

Ads by Yahoo!

KansasCity.com

Web Search powered by **YAHOO! SEARCH**

Sponsored Links



- DENTURE TECHNICIAN**
KC Denture Clinic
- SALES REPS**
Ashco Exteriors
- Psychologist II**
Parsons State Hospital & Training Center
- DIRECTOR, TRIO PROGRAMS**
MISSOURI STATE UNIVERSITY
- Apartment Maintenance Tech We are lookin**
- PROJECT ARCHITECT FOR STUDENT AFFAIRS**
Missouri State University

[View More](#)

Most Read

- KC police fire at backfiring van
- Passengers recall disgusting moments aboard stricken cruise ship
- Six girls reach settlement in sexual misconduct case involving former Warrensburg coach
- One killed in multi-car accident in Northland
- Taking a look back at the trade that altered the futures of AFC West rivals
- 4 arrested – including teller – in OP bank robbery
- Overland Park police to conduct a DUI saturation patrol
- Two die in Lee's Summit crash
- Top MU football recruit says he's switched to USC
- Missing toddler found in Iowa