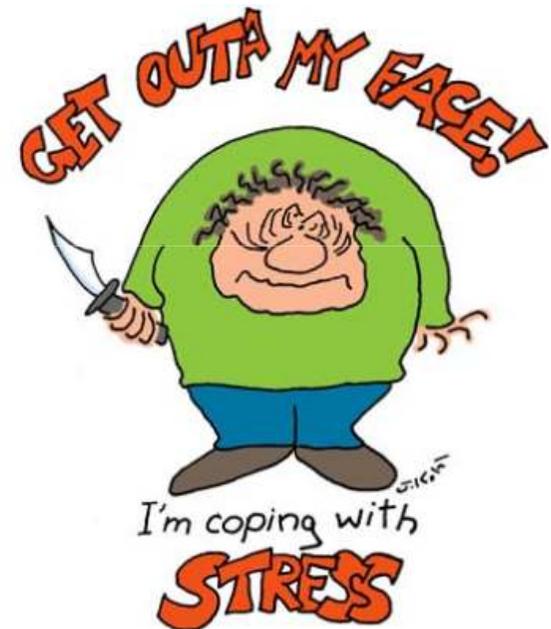


ANTI-STRESS NUTRIENTS

Nutrition Tip



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INTRODUCTION

- We all have stress sometimes. Sometimes stress is helpful – it can encourage you to meet a deadline or get things done. But long term stress can increase the risk of diseases like depression, heart disease and a variety of other problems.
- Stress activates hormonal release which will result in symptoms such as
 - > increased heart rate, causing fatigue and lethargy
 - > depressed immune system, causing increased risk of sickness and infectious diseases
 - > muscle tension, causing cramps
 - > anxiety, causing lack of sleep
- Nutrition support is especially important during times of stress. Therefore, it's important for us to boost our energy and immune system during stress.

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BOOST YOUR ENERGY

- Requirement for vitamin B complex may be increased during stress
- Vitamin B complex can be beneficial in helping to alleviate the symptoms of anxiety and stress such as lethargy and fatigue
- Vitamin B complex is naturally found in animal products, including fish, meat, poultry, eggs, milk and milk products, as well as whole grain foods



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BOOST YOUR IMMUNE DEFENSE

- The immune system will be compromised during stress
- A diet high in fruits and vegetables has many of the phytonutrients critical to enhance immunity
- The vitamins and minerals in fruits and vegetables also help to keep our immune system to work properly by providing us protection from infections and diseases



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CAN'T SLEEP? MILK – A BEDTIME STRESS BUSTER

- The calcium in milk can reduce muscle spasms and soothe tension – symptoms caused by anxiety



Bored of drinking milk on its own? Explore other fun ways to include milk into your diet!

Try out the recipe for mango smoothie!

RECIPE FOR MANGO SMOOTHIE

Ingredients

- 1 ripe mango
- 1/3 cup (85g) plain low-fat yogurt
- 200 ml skim milk
- 1 tsp honey

Method

1. Cut the mango into cubes and place it in a blender.
2. Pour in the yogurt, milk and honey.
3. Process until smooth



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DE-STRESS SNACK? TAKE A BREAK WITH A CUP OF TEA

- Green tea is often used as a relaxing beverage
- It is a natural source of antioxidants
- The tea also contains L-theanine, a component that can induce a perceived state of relaxation which will help us to combat stress!



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