

Published based on [7 Best Stress-Fighting Foods](#)

7 Best Stress-Fighting Foods

Some people eat when they get stressed out. It turns out that that may actually be a good thing. ***IF*** you eat the right foods. There are several different types of fruits, vegetables, and nuts out there that can help reduce stress levels, keep you more relaxed, and help you stay focused. Click on the link to see what the seven best foods to eat while are stressed are.

I send out a lot of info on my Twitter feed, from nutrition news to management tips. I get the most passionate reaction—and the most retweets—when I talk about stress. In fact, a friend of mine recently told me that stress was her biggest dietary villain. “I eat when I’m stressed,” she said.

To which I reacted, “Good!” You should eat when you’re stressed—it’s our bodies’ natural reaction to want to store calories to face whatever challenge is causing the stress in the first place. The key, however, is to eat what your body wants—the foods that actually counteract the effects of stress, and make you stronger (and leaner) when the tough times pass. So next time anxiety runs high, be sure to grab one of these seven stress-fighting foods.

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