

Try a Low-stress Diet



Avoid stress food traps with these healthy eating tips:

- ✓ Eat a diet rich in many colors.
- ✓ Select foods that are high in antioxidants.
- ✓ Drink filtered water to keep you hydrated.
- ✓ Reduce or eliminate your caffeine intake.
- ✓ Consume at least 30 to 40 grams of fiber each day.
- ✓ Add omega-3 fatty acids to your diet.



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