

Beating Stress With Nutrition

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For most of us, **stress and food** go hand-in-hand. Food can give us the feelings of power, control and satisfaction that we need in stressful situations. It's no surprise that when our stress levels go up our resistance to 'comfort' foods goes down.

This isn't always a bad thing — our favorite foods actually can reduce our stress levels. But moderation is key.

Giving your body the nutrition it needs is a positive step you can take every day toward combating stress. With the correct nutrition, you are better prepared to face the challenges of the day.

Adrenaline is produced during times of intense stress. That gives you a burst of energy, but your blood-sugar level drops after the crisis is past. Sustaining food is needed to replenish it. Certain foods increase the physical stress on your body by making digestion more difficult, or by denying the brain **essential nutrients**. Stress itself can cause bad digestion. Drinks can have just as great an effect — caffeine and alcohol both put a considerable strain on the body.

With a sensible diet it's possible to reduce the effects of stress, avoid some common problems, and protect your health.

Reference website: <http://www.everydayhealth.com/diet-nutrition/food-and-mood/stress-and-dieting/avoiding-common-problems.aspx>