

Nutrition tips in stressful times

Stay hydrated¹

During busy times, drinking water can be the last thing on your mind,



but staying hydrated is key to maintaining a healthy body. Be on the lookout for signs of dehydration and try to replenish with water or sugar-free beverages as needed. Signs of dehydration include premature fatigue, faster breathing and heart rate, dark urine and thirst.



Know your “go to” stress foods²

Being aware of how you cope with stress will help combat unhealthy eating habits when the “stakes are high.” Whether your stress food is cake or possibly not eating at all, both can have negative health consequences if they become a habit. Making small efforts to still have a healthy, balanced diet will not only help keep your energy up, but will help you in the long run. See below for some quick snack tips.

Give yourself a break²

Whether it is 30 seconds, five minutes or an hour, allow yourself time to decompress. This small break will help recharge you for the tasks ahead. Also, this will give you time to sneak in a quick snack and water in order to fuel you for the rest of the day!



Quick snacks for the afternoon slump

- If **crunchy snacks** are your favorite, reach for a lower calorie option like carrots or celery paired with a hummus cup.
- **Plain popcorn** can be spiced up quickly with a dash of garlic powder or “everything but the bagel” seasoning. If spicy is your favorite, add some heat with red pepper flakes!
- **Grab a banana or apple.** These simple snacks give you a little energy boost and can pair easily with two tablespoons of peanut or other nut butter for healthy fats!

NUTRITION QUESTION



Q: What supplements can I take to help lower my stress level?

A: Many supplements make claims and promises to “decrease stress” or act as a “stress reliever.” Unfortunately, there is limited scientific evidence to support these claims. Before any recommendation can be made, more research is needed in this area. For the majority of healthy people, a daily multivitamin will help supplement your diet if you feel that you are missing certain micronutrients.²

¹ eatright.org/fitness/sports-and-performance/hydrate-right/hydrate-right

² eatright.org/health/wellness/preventing-illness/lifestyle-and-managing-stress