

Food to Beat Stress

Nutrition Knowledge

Few of us can escape feeling stressed but paying extra attention to your diet can help your body cope better. In particular, the body requires increased quantities of vitamin C and B vitamins – here's how to make sure your diet meets the demand.

Eat foods rich in vitamin C Blackberries, strawberries, oranges, tinned tomatoes and blackcurrants are rich in vitamin C, which is needed to replenish adrenaline stores in overworked adrenal glands. Stress can double the body's vitamin C requirement.

Sow your oats Oats can soothe nervous exhaustion associated with chronic stress. They are also rich in B vitamins to help calm frayed nerves, as well as magnesium and zinc which are brilliant defences against stress.

Get more potassium You need a good supply of potassium because stress depletes it from our bodies. Lack of potassium can result in muscle weakness, poor concentration and chronic fatigue. Best sources are fresh, canned and dried fruit, vegetables, beans and wholegrains.

Up your minerals Milk contains calcium and magnesium, two minerals required by the adrenal glands to help cope with stress. Other calcium-rich foods include rice pudding, canned sardines, yoghurt and cheese. The best magnesium sources include spinach (fresh, canned or frozen), brazil nuts, canned beans and lentils.



"We all have times when everything seems overwhelming, whether it's a manic day at work or a run in with a toddler tantrum. There are lots of ways to unwind – I find that a relaxing bath or a good brisk walk can get me back on track. Paying attention to your diet is also important, as eating well can

help your body cope better with stress and pressure. Healthy fruit snacks such as blackberries, strawberries, and oranges are not only a enjoyable taste of summer, but are also rich in vitamin C. This is needed to boost adrenalin stores in your body, as these are lost when stress kicks in which can make you feel worse. Vitamin B is also perfect for calming frayed nerves, and is easily found in oat products such as cereals and flapjack bars. A hot drink is always a good way to relax and have a break, and I find that a cup of camomile tea is particularly soothing and gives me a much needed five minutes to myself!"

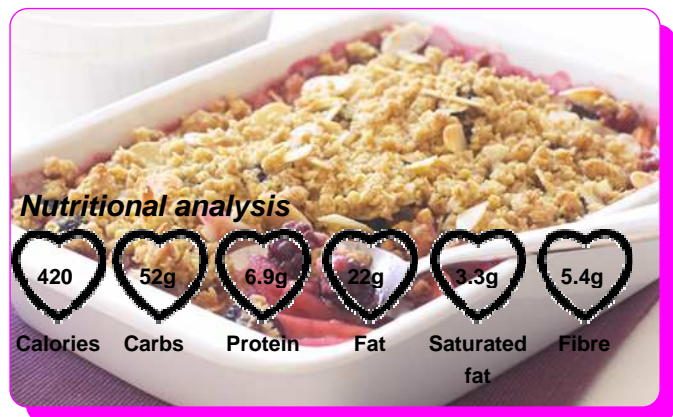
Philippa Forrester

Calm down with camomile Camomile tea contains calming phytonutrients that act on the same part of the brain as anti-anxiety drugs, Drinking a cup of camomile tea before bedtime can help you sleep.

Blackberry Oat Crumble with almonds

Makes 4 servings

2 large cooking apples, peeled, cored and sliced
1 x 284 g can blackberries in fruit juice
2 tablespoons (30 ml) water
2 tablespoons (30 ml) acacia honey
40 g (1.5 oz) plain flour
40 g (1.5 oz) wholemeal flour
25 g (1 oz) oats
60 g (2 oz) olive oil margarine
60 g (2 oz) flaked almonds
40 g (1 1/2 oz) brown sugar



Pre-heat the oven to 190 C/ 375 F/ Gas mark 5. Put the prepared apples, blackberries, their juice and water into an ovenproof dish. Stir in the honey.

For the topping, put the flours and oats in a bowl and rub in the margarine until the mixture resembles coarse breadcrumbs. Mix in the almonds and sugar. Alternatively, mix in a food processor.

Spread the crumble mixture over the fruit and bake in the oven for 25 – 30 minutes until the topping is lightly golden.

This information has been taken from the Everyday Nutrition wall chart - available free from Canned Food UK by calling 0800 243364 or from www.cannedfood.co.uk. Everyday Nutrition has been produced by Canned Food UK, a consumer food organisation which is devoted to promoting the benefits of canned food. Media can reproduce Everyday Nutrition content or set up interviews with Philippa Forrester or Anita Bean by contacting Canned Food UK's PR team c/o Harrison Cowley on 0121 236 7532. Further information and high quality images can be found at www.cannedfood.co.uk