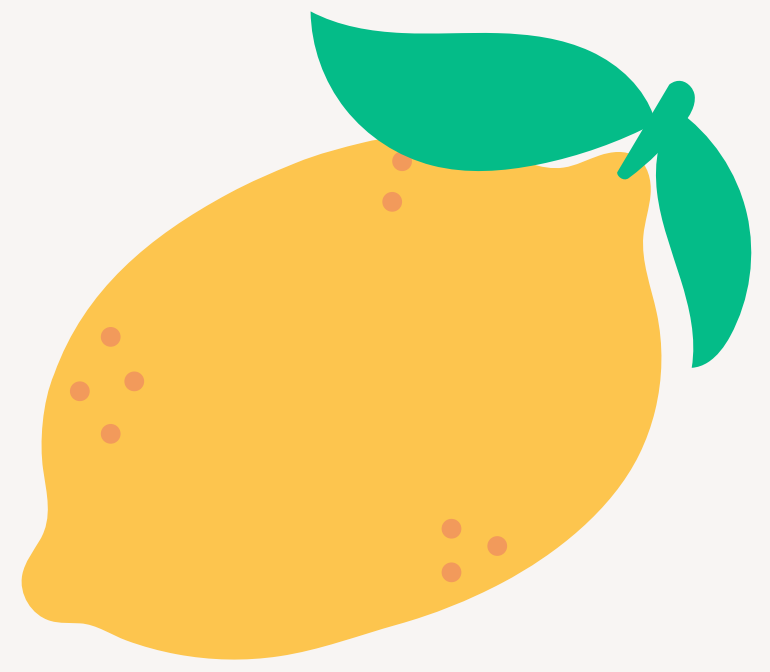




The **Nutrition - Stress** *Connection*

Amanda Scott Registered Holistic Nutritionist, BSc BIOS/NANS



Nutrition

How we eat can impact our ability to react to & recover from stress

Stress

The stress response can impact how we eat and takes a toll on nutrient stores



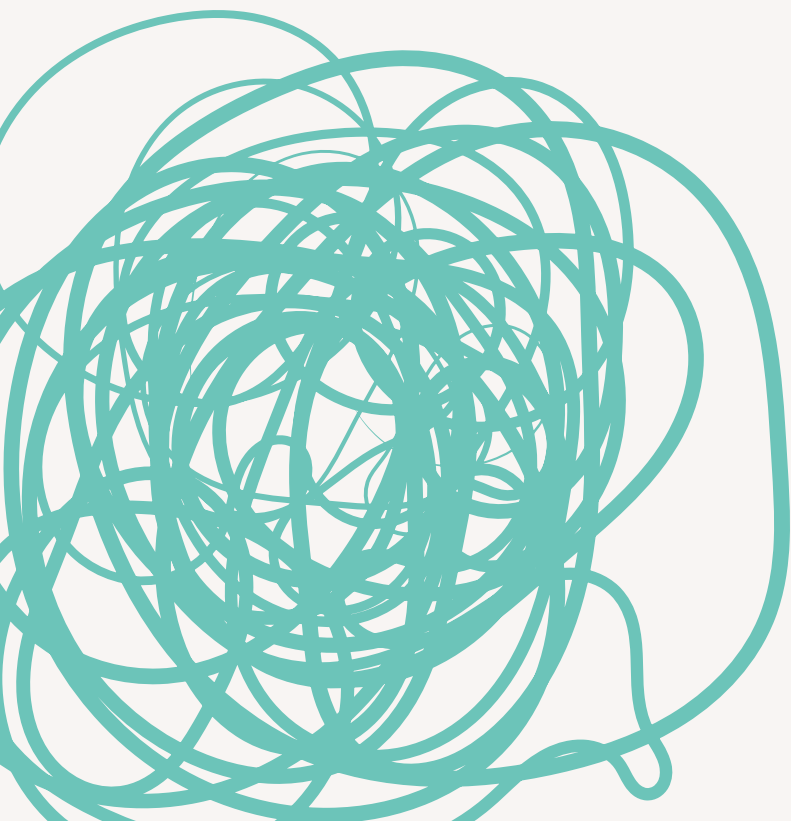
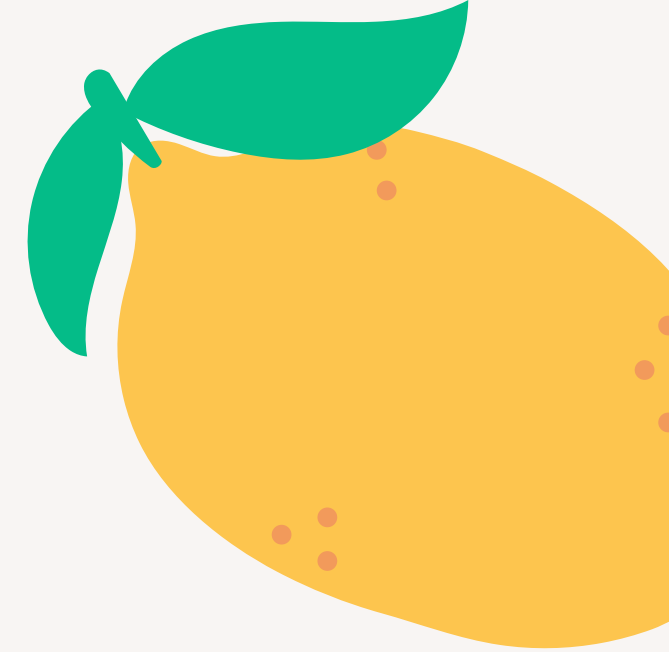


Hormonal Changes

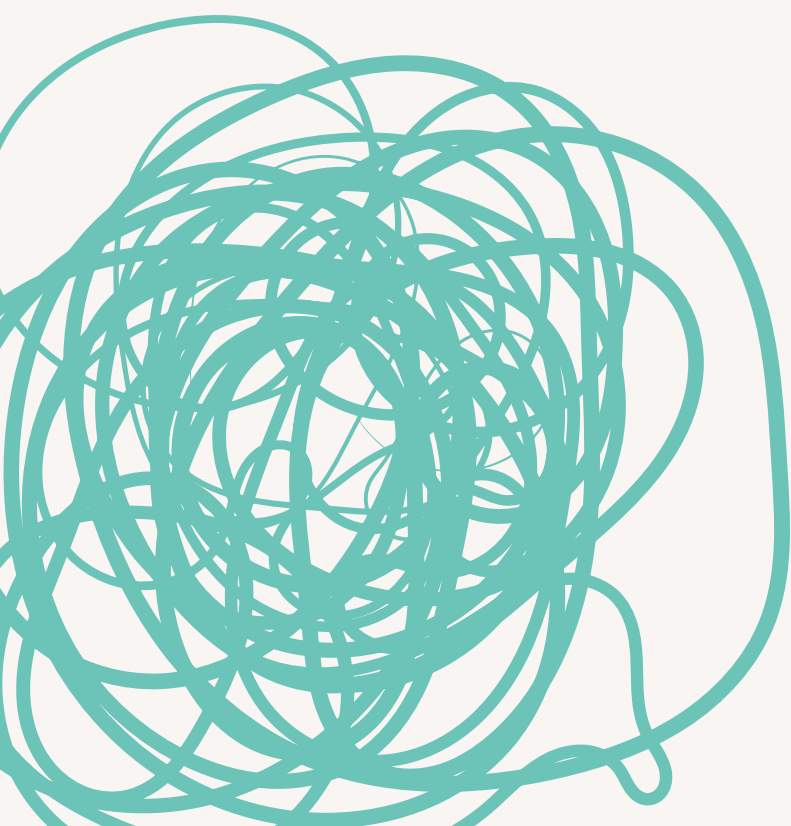
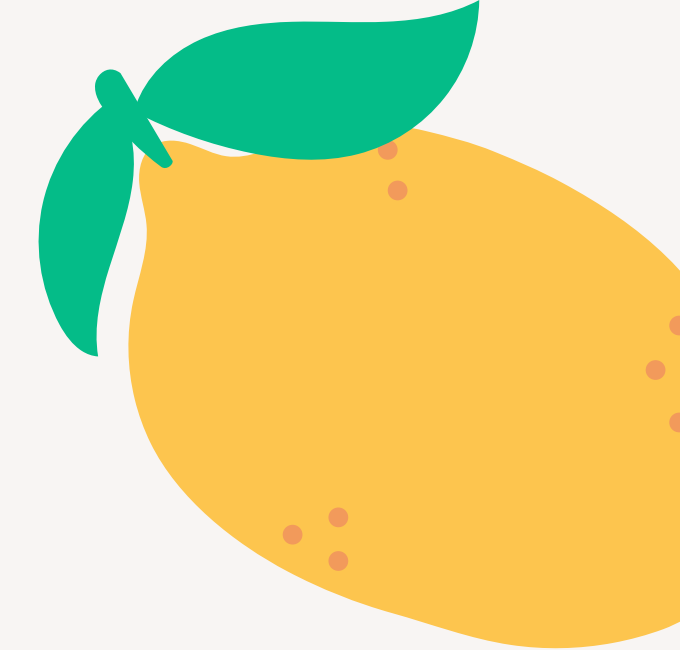
When our bodies experience stress,
it undergoes hormonal changes



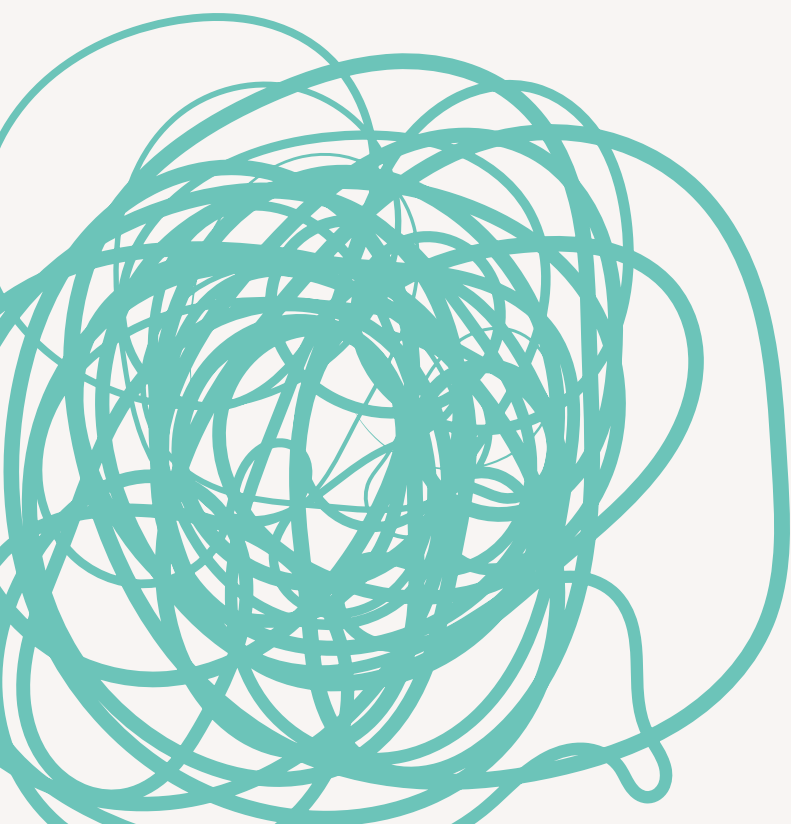
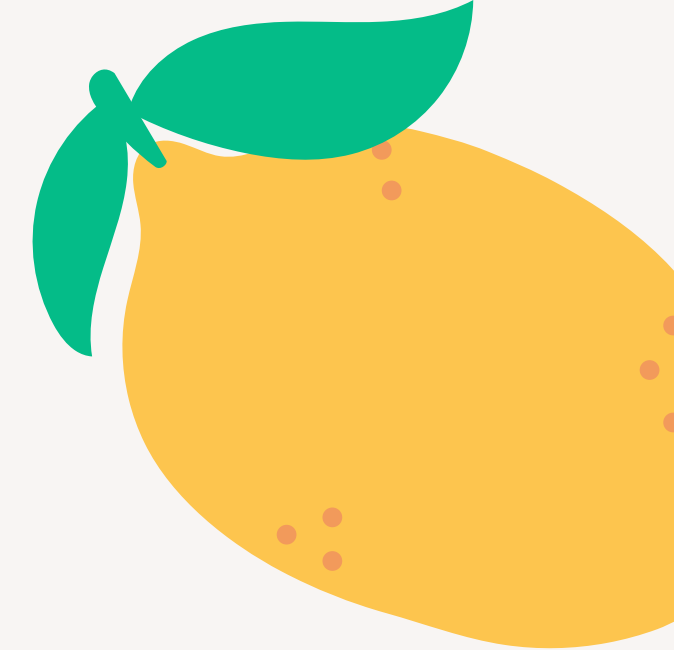
STRESS causes hormonal changes...



STRESS causes hormonal changes...



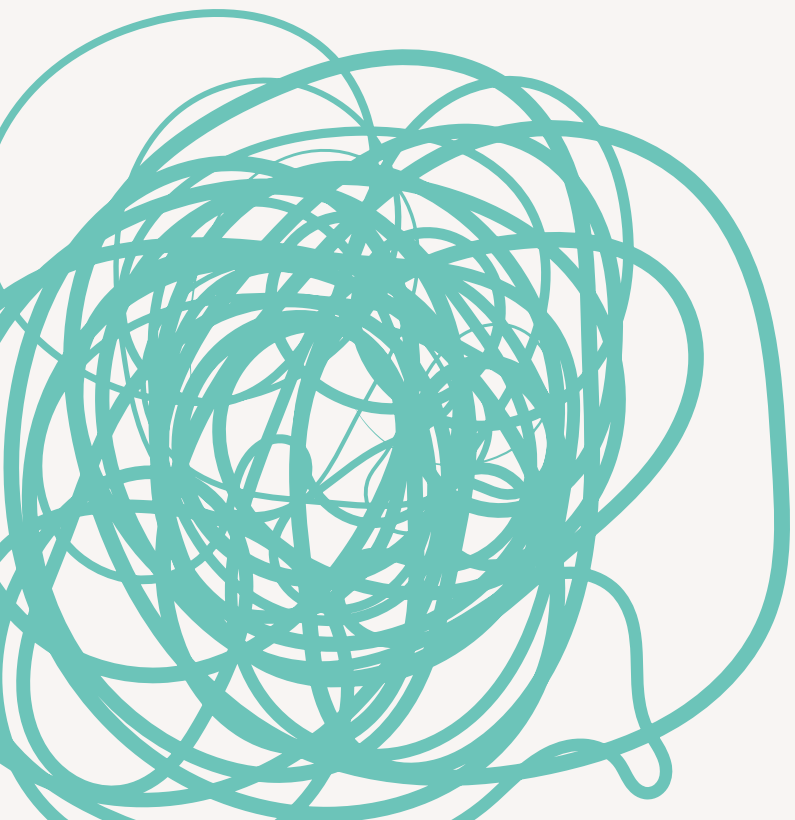
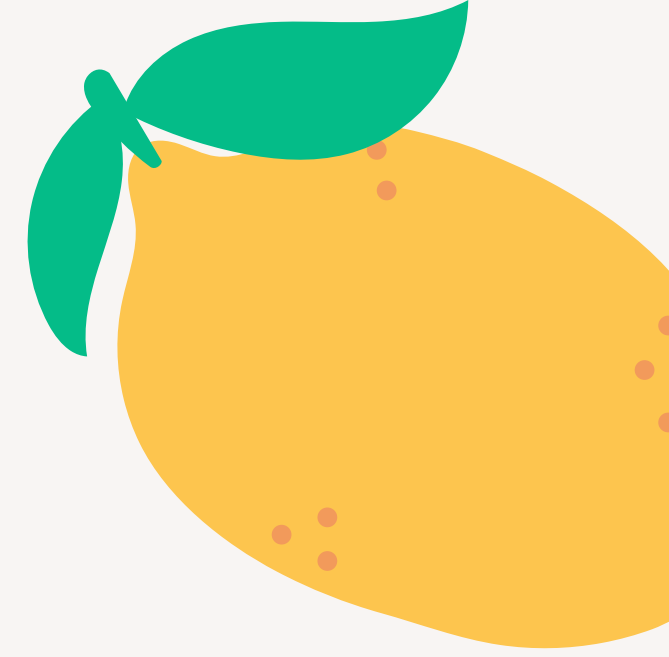
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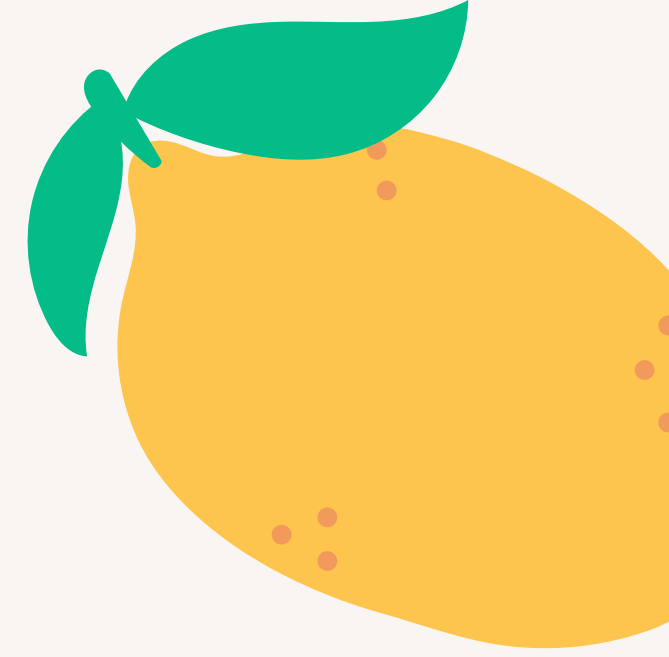
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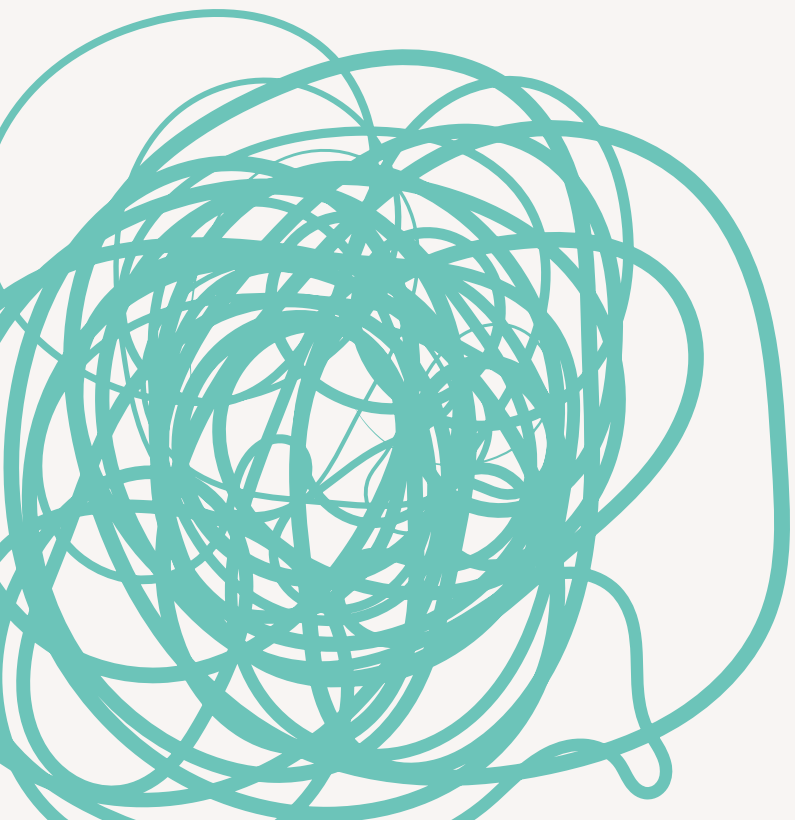
Nutrition causes hormonal changes...



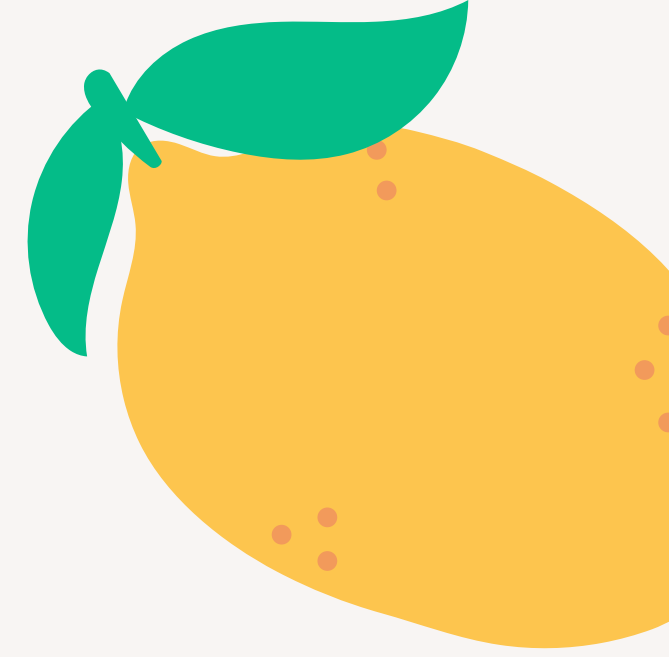
STRESS causes hormonal changes...



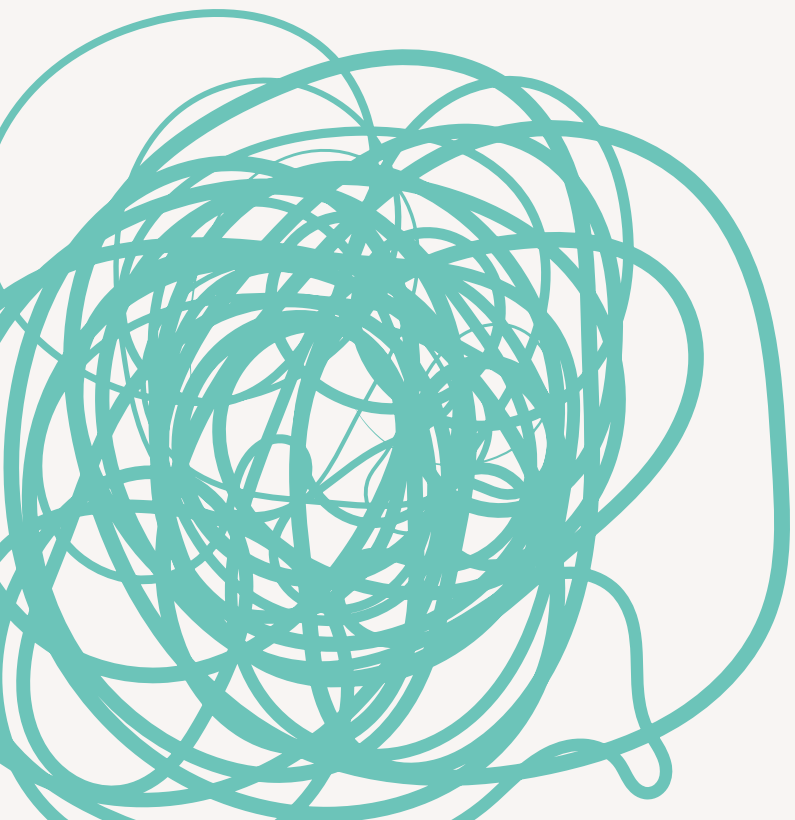
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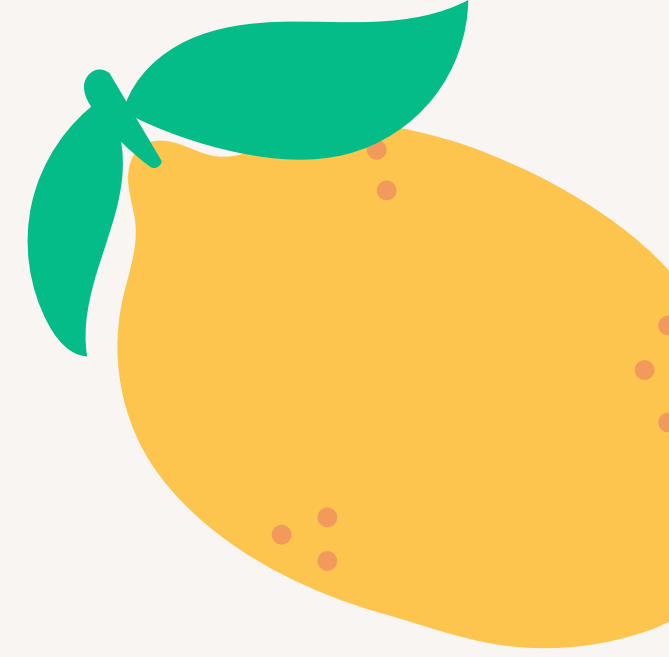
STRESS causes hormonal changes...



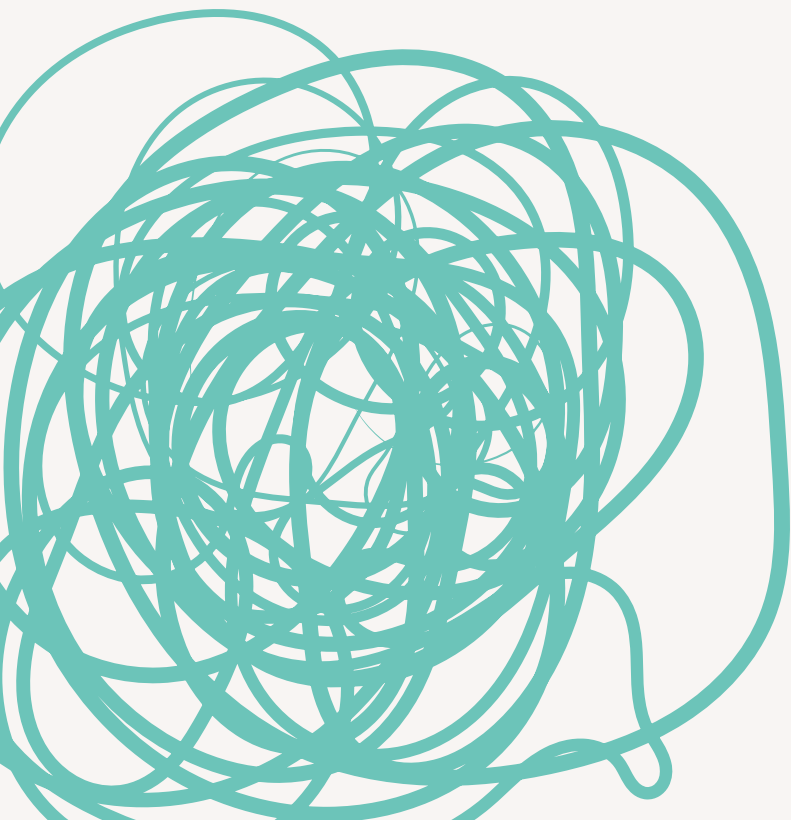
Nutrition causes hormonal changes...



STRESS causes hormonal changes...



Nutrition causes hormonal changes...



Tips & Suggestions



Tips & Suggestions



Balance your meals to help your blood sugar levels stay more stable



Tips & Suggestions



Balance your meals to help your blood sugar levels stay more stable



Consume foods high in fibre and choose higher fibre breads, pasta and grains



Tips & Suggestions



Balance your meals to help your blood sugar levels stay more stable



Consume foods high in fibre and choose higher fibre breads, pasta and grains



Choose protein rich foods to help keep you fuller between meals and avoid low blood sugar



Tips & Suggestions



Balance your meals to help your blood sugar levels stay more stable



Consume foods high in fibre and choose higher fibre breads, pasta and grains



Choose protein rich foods to help keep you fuller between meals and avoid low blood sugar



Pair carbohydrate rich foods with fats and proteins to help with satiety and balancing the blood sugar release

Nutrient Usage

When our bodies are stressed it uses nutrients we consume from our diet and make in our bodies



STRESS uses nutrients **NUTRITION** supplies nutrients

Uses
Nutrients

Stress
Response



STRESS uses nutrients **NUTRITION** supplies nutrients

Uses
Nutrients

Stress
Response

Stress
Response



STRESS uses nutrients **NUTRITION** supplies nutrients

Uses
Nutrients

Stress
Response

Zinc
Stress
Response



STRESS uses nutrients **NUTRITION** supplies nutrients

Uses
Nutrients

Stress
Response

Zinc *B Vitamins*
Stress
Response



STRESS uses nutrients **NUTRITION** supplies nutrients

Uses
Nutrients

Stress
Response

Zinc
B Vitamins
Stress
Response
Vitamin C



STRESS uses nutrients **NUTRITION** supplies nutrients

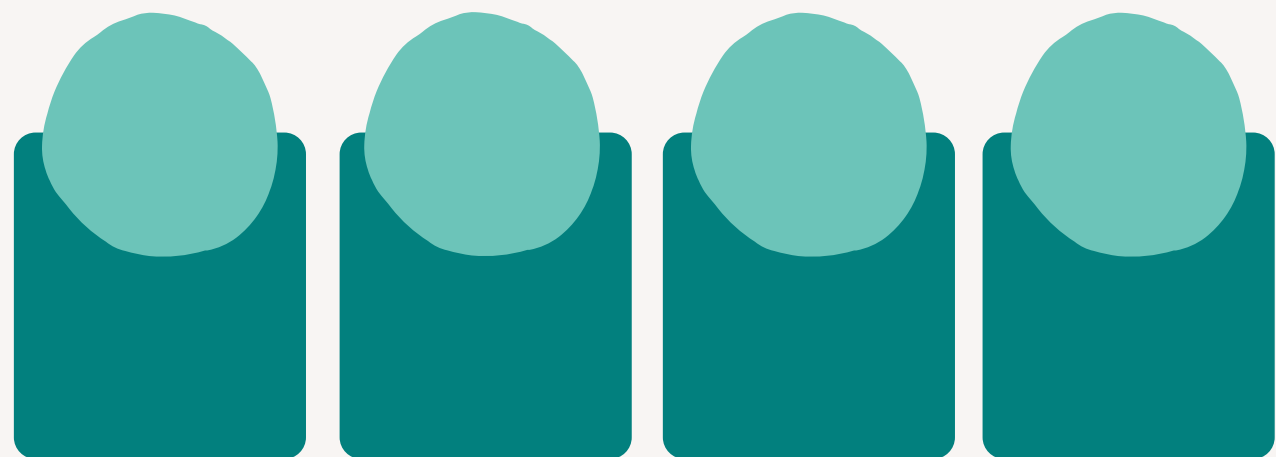
Uses
Nutrients

Stress
Response

Zinc
B Vitamins
Stress
Response
Vitamin C
Magnesium

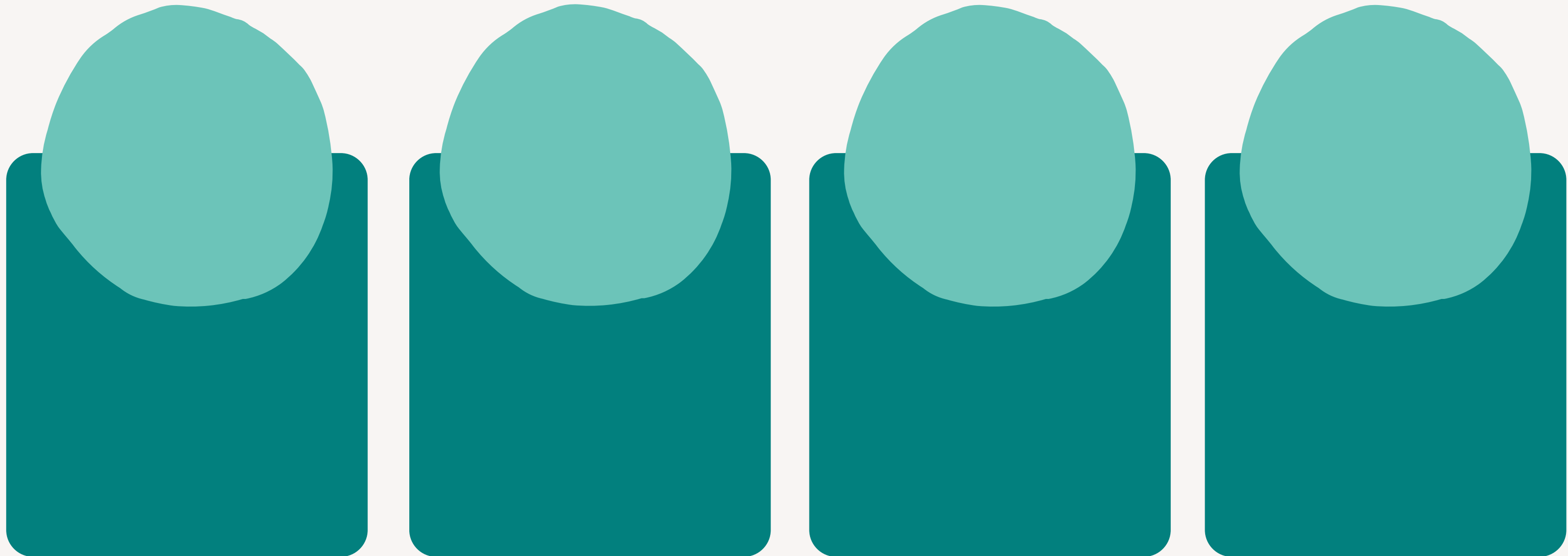


Tips & Suggestions



Tips & Suggestions

- Consume a variety of fresh and low processed foods to include nutrient variety
- Plan ahead when you know stress is coming
- Find quick low-prep ways to include more fresh foods
- Think nutrient DENSE dishes (smoothie, soup, stew, salads etc)



Tips & Suggestions

- Consume a variety of fresh and low processed foods to include nutrient variety
- Plan ahead when you know stress is coming
- Find quick low-prep ways to include more fresh foods
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B
Vitamins

poultry
beans
whole grains
nuts

Zinc

Vitamin C

Magnesium

Tips & Suggestions

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beans
whole grains
nuts

Zinc

seafood
legumes
seeds
eggs

Vitamin C

Magnesium

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Vitamin C

citrus fruits
peppers
broccoli
kiwi

Magnesium

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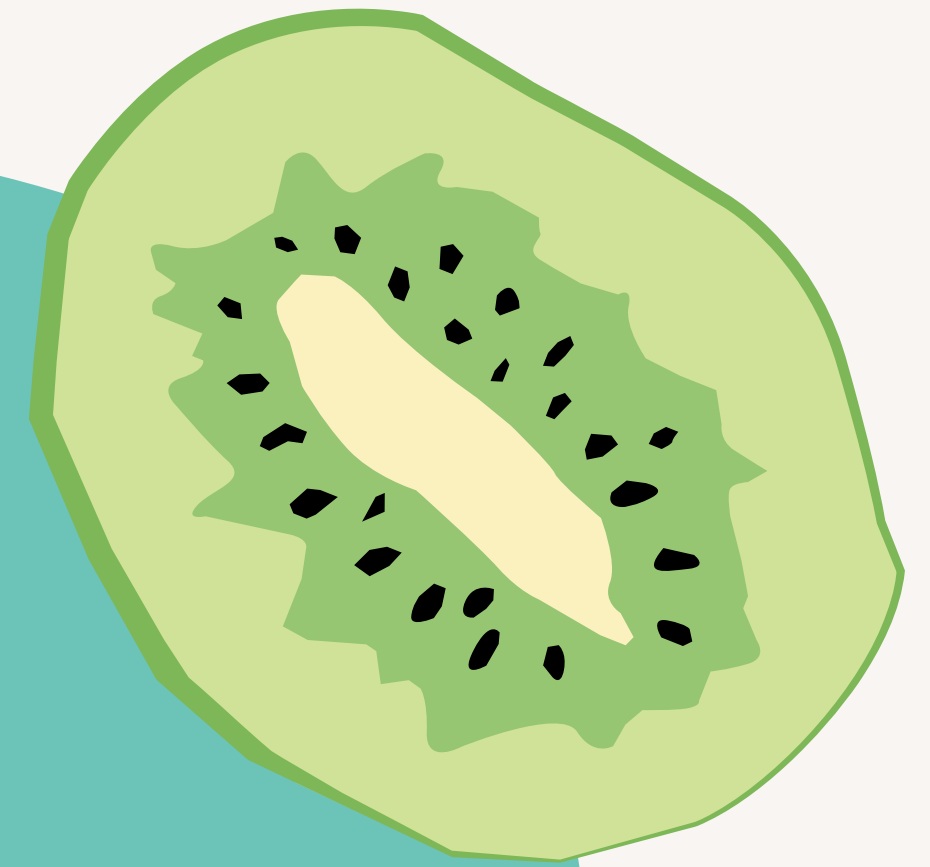
citrus fruits
peppers
broccoli
kiwi

Magnesium

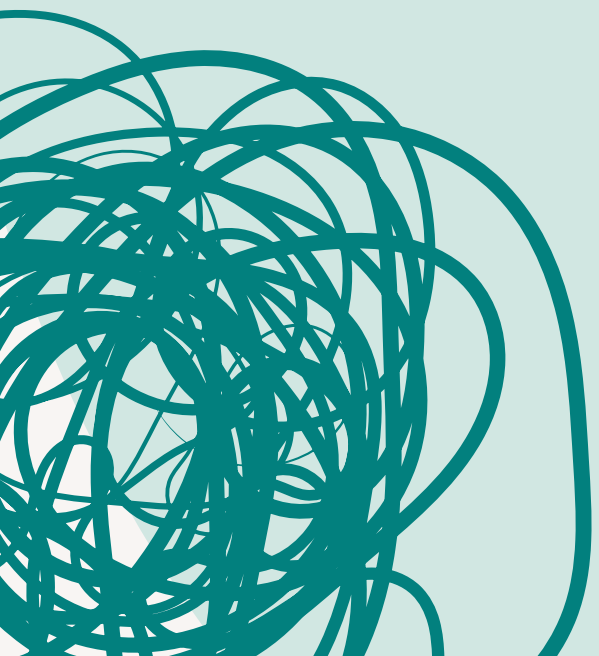
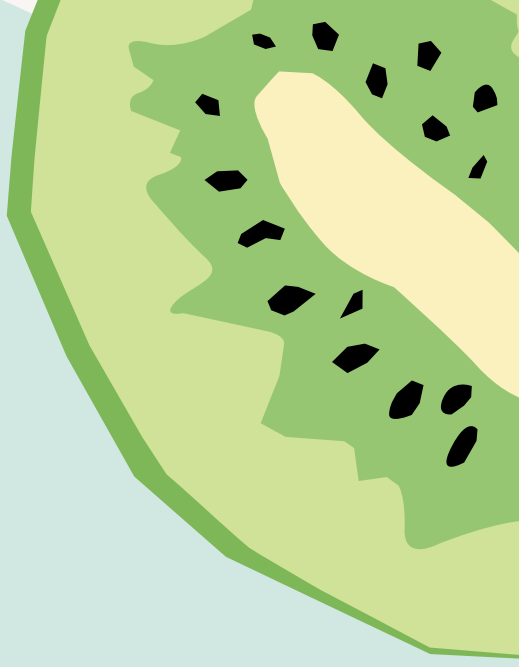
leafy greens
dark chocolate
yoghurt
avocado

Psychological Changes and Habits

Stress can have psychological impacts on our eating and our eating habits can impact our stress response and recovery.



Nutrition



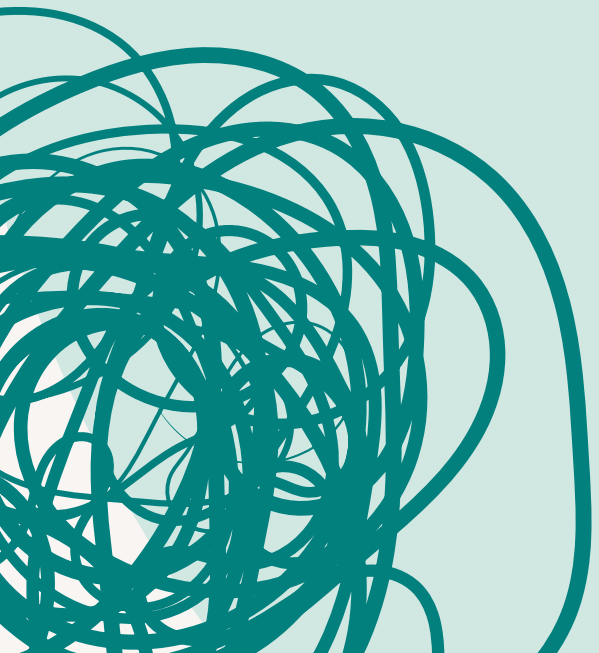
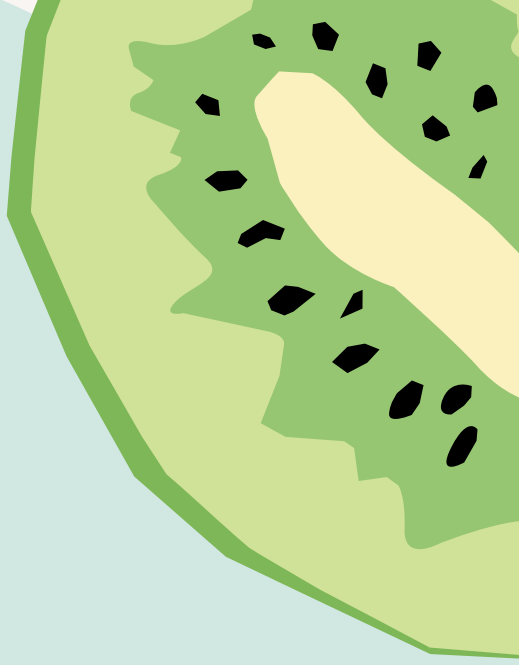
Stress

Nutrition

excessive sugar and/or alcohol

excess caffeine

lack of hydration



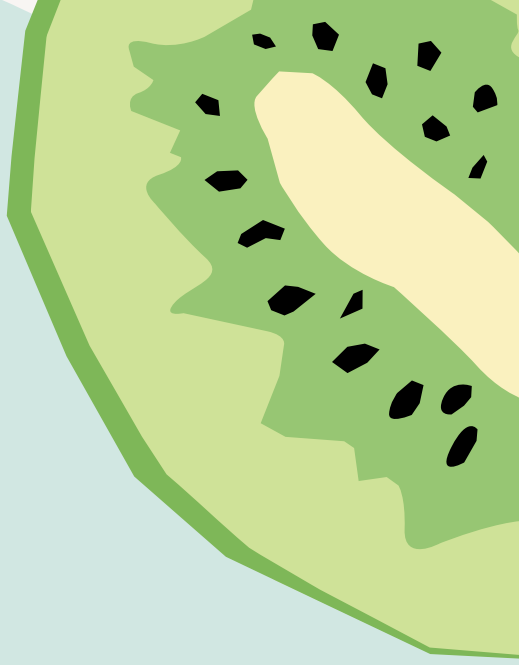
Stress

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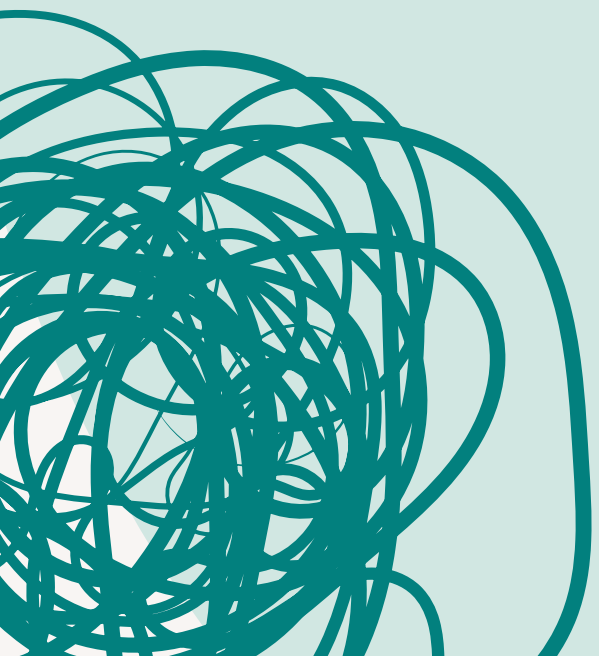


food intake

food cravings

mindless eating

Stress



Nutrition

excessive sugar and/or alcohol

excess caffeine

lack of hydration

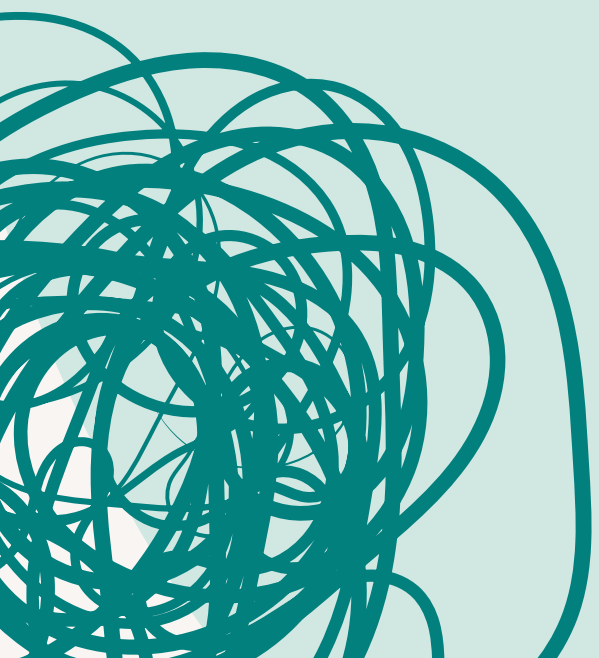
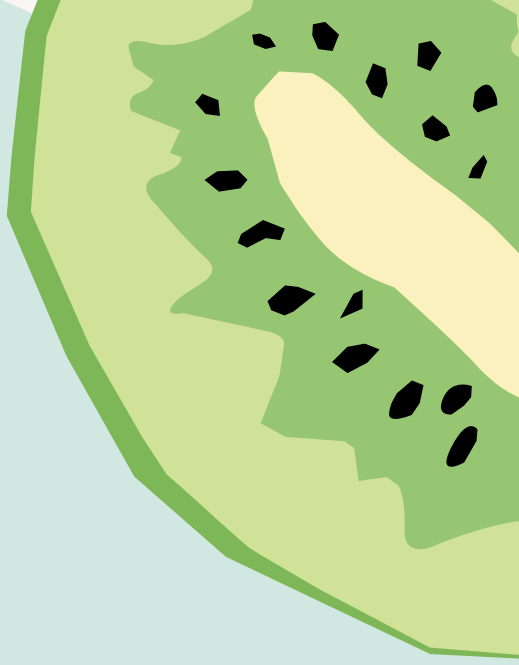
STRESSOR

food intake

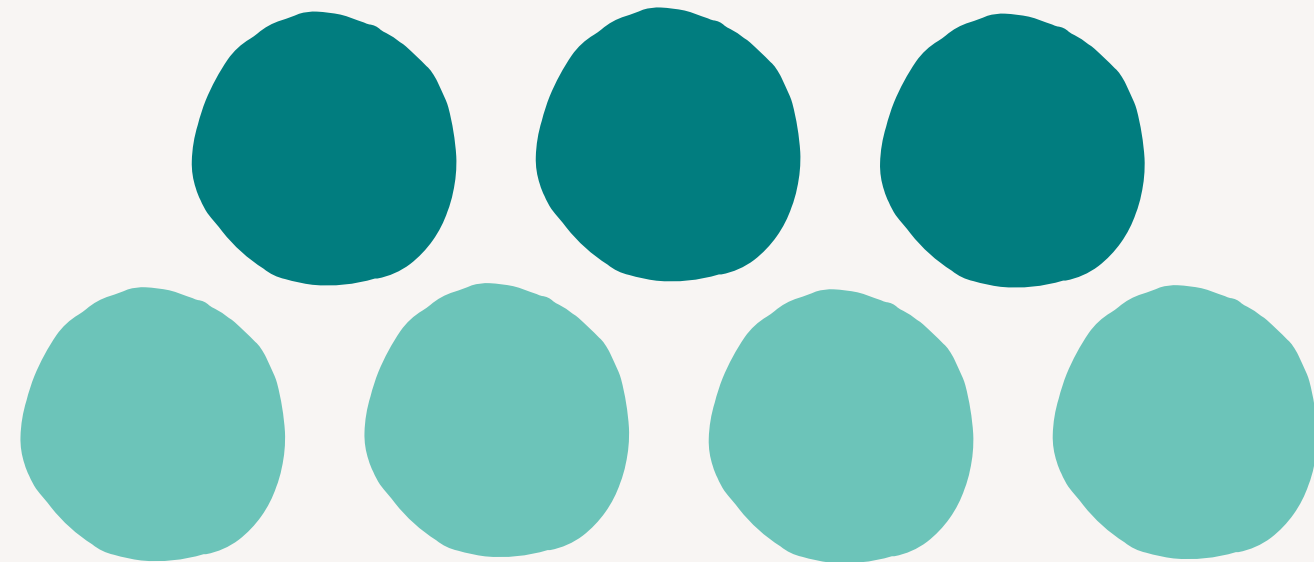
food cravings

mindless eating

Stress

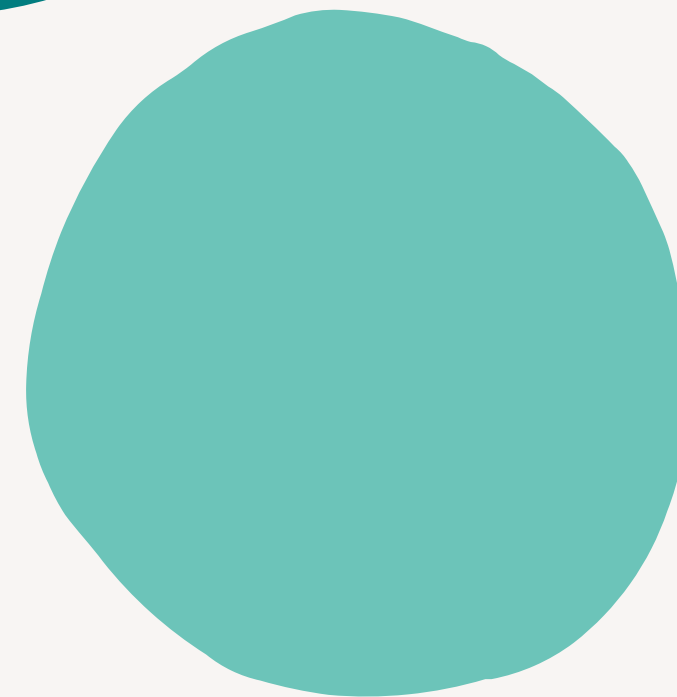
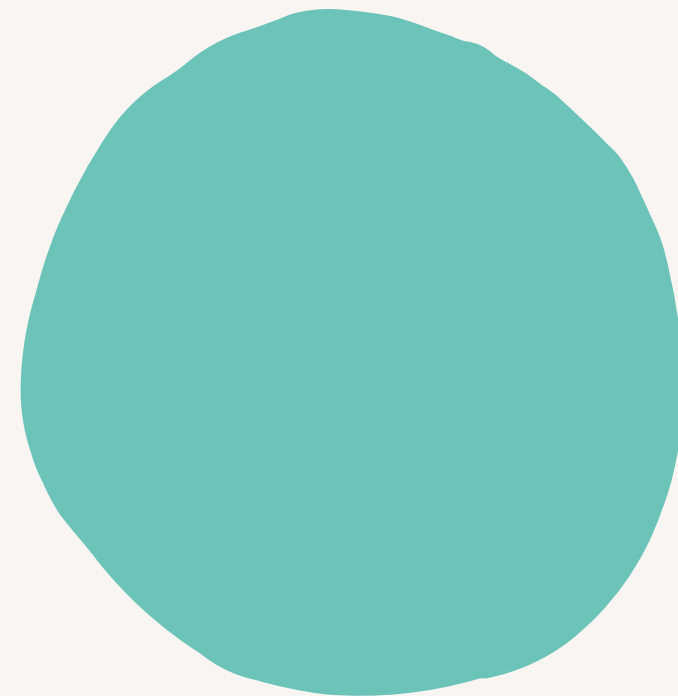
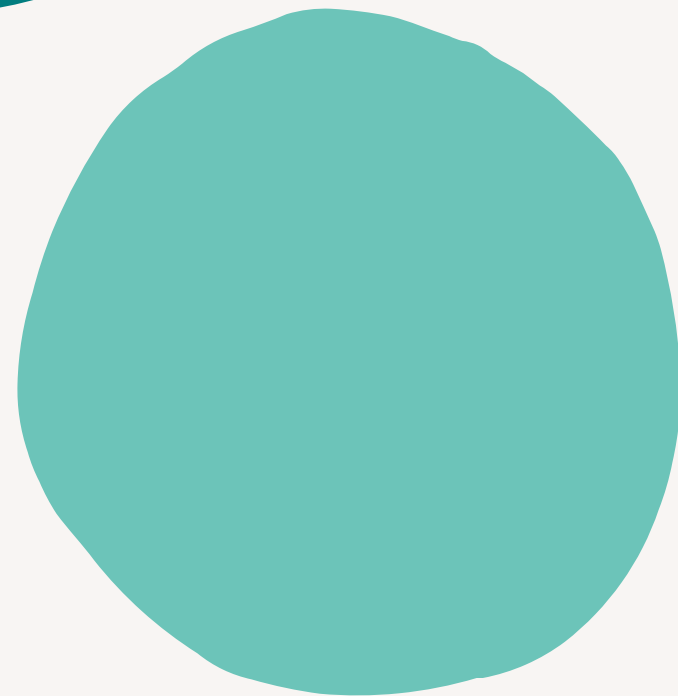
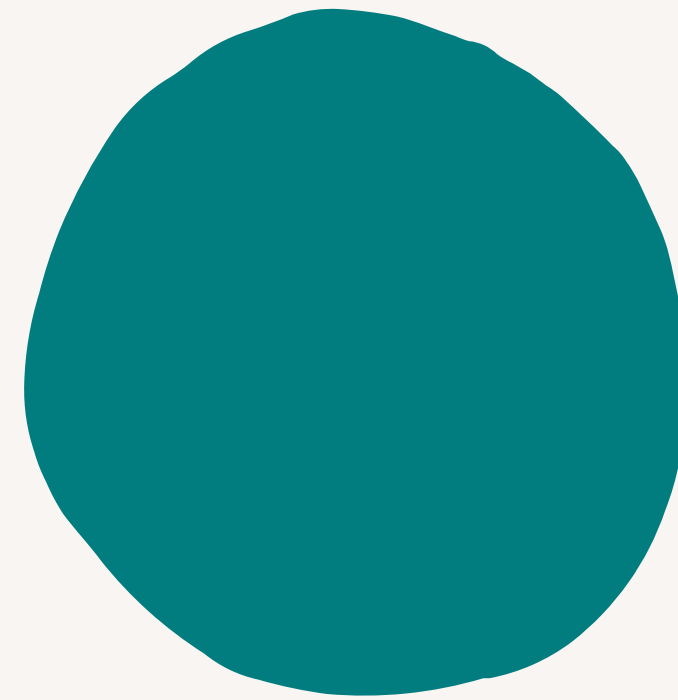
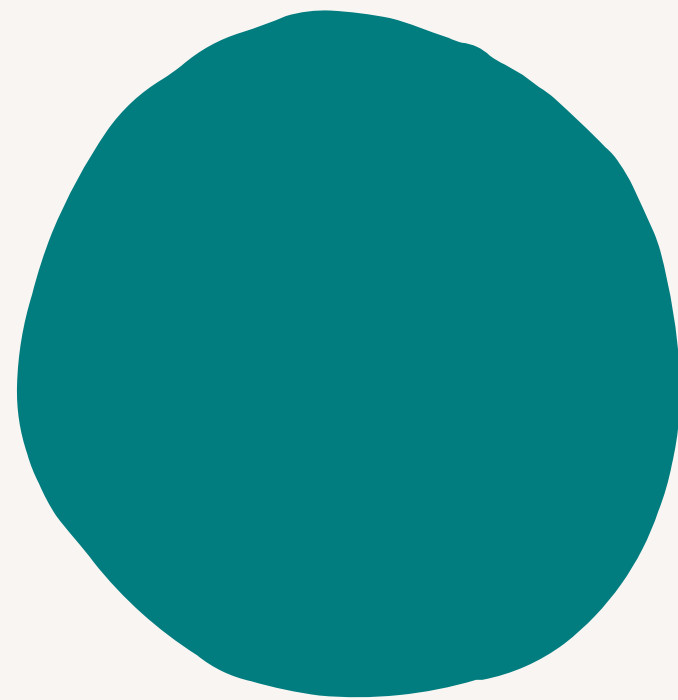
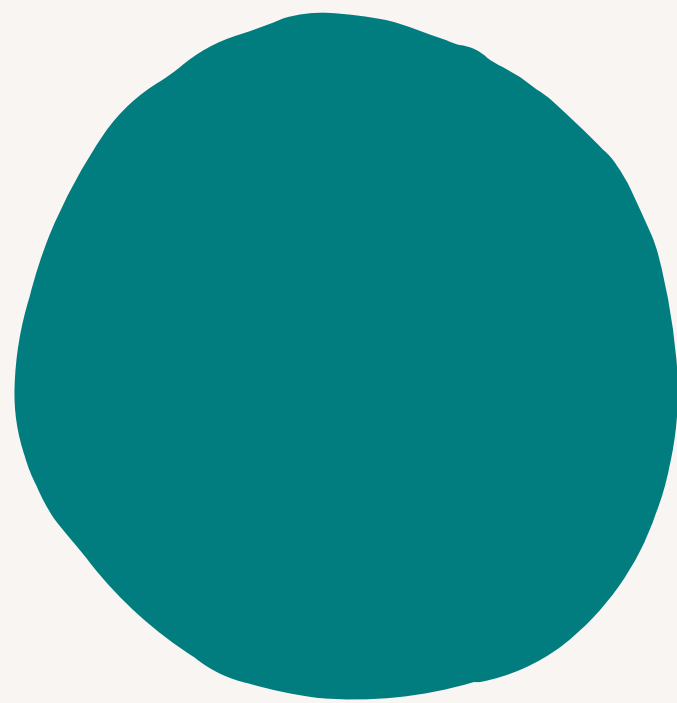


Tips & Suggestions



Tips & Suggestions

Have a plan that makes sense for YOU



Tips & Suggestions

Have a plan that makes sense for YOU

Simplify
your meals

Enjoy Your
Meals

Tips & Suggestions

Have a plan that makes sense for YOU

Simplify
your meals

Enjoy Your
Meals

Set
Reminders

Tips & Suggestions

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Simplify
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Prepare
and Store

Tips & Suggestions

Have a plan that makes sense for YOU

Simplify
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Minimize
Choices

Mindful
Eating

Enjoy Your
Meals

Set
Reminders

Prepare
and Store



Tips & Suggestions

Have a plan that makes sense for YOU

Simplify
your meals

Minimize
Choices

Mindful
Eating

Enjoy Your
Meals

Set
Reminders

Prepare
and Store

Addition
Not
Subtraction



The **Nutrition - Stress**
Connection

The **Nutrition** - Stress *Connection*

01

**Balance Protein,
Carbohydrates &
Fats**

02

**Find Nourishing
Foods to Fit In**

03

Eat Simple Meals

The Nutrition - **Stress** *Connection*

01

**Consider
Mindfulness
Practices**

02

**Plan Ahead During
Stressful Times
When Possible**

03

**Use other stress
management
techniques**

The **Nutrition - Stress**
Connection

Thank you!



OPTIMIZE

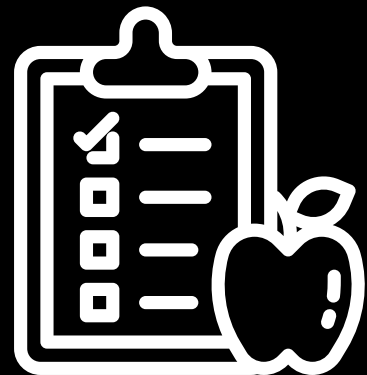
Virtual Wellness Fair

The Nutrition-Stress Connection

Can what you eat impact your stress?



Amanda Scott
Registered Holistic Nutritionist



For attending today's live session, you are entered into our draw to win:

Nutritionist Prize Pack -

Initial Nutrition Consultation, Customized meal plan, 8 week goal support & check ins (Value - \$350.00)

The image features two abstract teal shapes on a white background. The larger shape is a rounded, organic form on the left and bottom, containing the text. A smaller, circular shape is partially visible in the top right corner.

Questions?