

## Diet, Nutrition, Exercise

### Vitamins and Minerals

This is a list of vitamins and minerals some experts feel might be beneficial to some people who are experiencing anxiety.

It is extremely important that you check with your family doctor before taking vitamin and mineral supplements because too much of either can be damaging. We are not recommending you take these vitamins. That is your decision. Again, check with your doctor, read the labels and don't take more than the recommended dosage. It would be preferable if you would meet your nutritionally dependent emotional needs by eating the proper food as opposed to taking supplements.

Vitamin B-6	emotional stress, fatigue, nervousness, irritability, depression, premenstrual tension, insomnia
Vitamin B-12	alcoholism, smoking, fatigue, depression, nervousness, forgetfulness, insomnia
Vitamin C	emotional stress, physically active, allergies, alcoholism, recovering from an illness, heavy coffee drinker, smoker
Iron	fatigue (adequate amount)
Calcium	deficiency, grouchy disposition, tension, cramping in the calves, depression, anxiety relaxation, calming effect (adequate amount)
Magnesium	deficiency, anxiety, insomnia, depression, nervousness natural sedative, calming effect (adequate amount)

Niacin, Folic Acid, Riboflavin

What foods to eat to get the vitamins and minerals needed

Vitamin B-12	beef liver, beef, tuna
Vitamin C	orange juice, papaya, grapefruit, broccoli
Iron	beef liver, spinach, roast beef, raisins, nuts, oysters
Calcium	cheese, yogurt, sardines, almonds, white beans

### Vitamins and Minerals--*continued*

Magnesium	soybeans, almonds, tofu, seafood, whole grains, bran
Niacin	beef liver, white meat chicken, peanuts
Folic Acid	orange juice, brewers yeast, beef liver

Please try eating two tablespoons of raw, unprocessed bran daily. It will regulate your bowels and minimize your chances of colon problems. It tastes best in cereal or yogurt.

### DIET AND NUTRITION

- Reduce your consumption of red meat, especially high fat meats such as sausage and hot dogs.
- Cut back on fatty foods such as cream, butter, ice cream, pastries, cheese. Fatty foods are harder to digest. They sit in your stomach, making you uncomfortable. Fat is responsible for many physical illnesses, especially cardiovascular disease and obesity.
- Learn to enjoy the flavor of unsalted foods. Make a serious effort to avoid adding salt to your food. Do you salt your food before you even taste it? Use more spices such as garlic and pepper.
- Choose more fish and poultry and broil it instead of frying it. Take the skin off chicken. The skin contains the most fat.
- Eat no more than three eggs per week. Eggs are high in cholesterol.
- Cut down as much as possible on sweets. White sugar found in candy, cookies, soda, etc., is very bad for the system. It can cause nervous, anxious feelings. Also it can act as a depressant and, shortly after consuming it, can make you feel quite tired and rundown.
- Peas and beans are full of protein and a great source of fiber, so try adding more to your diet.
- Include bran in your daily diet. If you do not eat fiber now, add it gradually to your diet.

## **Foods that affect your moods**

Foods that energize -- Protein. Lean beef. Chicken without skin. Fish. Peanut butter. Cottage cheese. Yogurt. Cheese (dairy products should be low fat). Peas. Beans. Tofu.

Foods that calm -- Carbohydrates. Starches. Breads. Corn. Crackers. Pasta. Potatoes. Rice.

Low fat, high protein breakfasts make you feel energetic. Fatty breakfasts make you feel tired.

For those late afternoon doldrums at work, try eating protein.

Frozen vegetables contain almost as many nutrients as fresh vegetables. When you cannot buy fresh vegetables, buy frozen vegetables. If using canned vegetables, be sure to consume the liquid--it contains the nutrients.

## **Cutting back on cholesterol**

Cut back on meat, poultry, whole dairy products, palm oils, coconut oils (found in crackers), cookies, and non-dairy creamers. Read the labels.

Use unsaturated fat cooking oils--corn, olive, canola, safflower, sesame, soybean, and sunflower. Stay clear of fried foods.

Your total intake of cholesterol should be less than 300 mg. a day. One egg yolk contains 250 mg.

## **Pre-menstrual syndrome**

Increase intake of magnesium by eating vegetables, seafood, nuts, cereals, grains, and low-fat dairy products.

B-6. No more than 100 milligrams a day and taken only 10 days prior to menstrual cycle. Once period begins, discontinue.

Avoid salt, caffeine, sugar, chocolate, and alcohol.

## Diet and nutrition—*continued*

- Use whole wheat and grain breads and cereals.
- Develop a tolerance and appreciation of mild hunger. Think of it as a positive, light feeling, instead of a need that must be met.
- Eat your meals slowly. Always sit down and enjoy your meal. Take smaller bites of food and chew your food longer.
- Drink eight 8 oz. glasses of water a day. Water is a cleansing agent. It also helps to control the appetite.
- Eat more fruit and less "junk" snacks. Make an effort to eat more uncooked vegetables. Uncooked, they're more nutritious, more filling, and a good source of fiber.
- Eat breakfast and try to eat three meals a day. This will help to keep your blood sugar balanced.
- Make sure you take in a good amount of calcium daily. Calcium is thought to have a soothing, calming effect on the nervous system. Calcium can be found in yogurt, low fat milk and cheese, cottage cheese, and calcium supplements.
- Drink fruit juice between meals instead of soda. It will keep your energy level up and help you to maintain normal blood sugar levels.
- Avoid caffeine! It will make you nervous and irritable. It can also increase your blood pressure.
- Avoid caffeine and sweets before bed time. Try to make your evening meal a light meal. You will sleep much better.
- Take vitamins with meals. They are usually more effective with food in your stomach.