

“Stress release like a dream”

On this occasion, the topic for *Stress Release Like a Dream* is “Relieving Stress by Eating Right!” If you're subject to stress on a regular basis, it might help to consider how you've been eating lately. Let's take a closer look.



Although we tend to think of stress and nutrition as unrelated factors, they're closely connected. Stress causes our bodies to use up certain nutrients, which means we need even more of these nutrients during stressful times than under normal circumstances.

Protein.....Protein increases the rate at which neurotransmitters are transmitted, stimulates the brain, and calms the nerves.

When we're subject to high levels of stress, our bodies secrete glucocorticoids, which cause us to burn body protein.

With an adequate supply of protein, not only are we better equipped to handle stress, we're more likely to recover rapidly.

<Eat something like the following per day as part of a main dish>



One egg



One fish



One thick slice of meat



Half a block of tofu



(Others) One bottle of milk

Carbohydrates.....Glucose is the only nutrient that serves as a source of energy for the brain.

Sugar stimulates the secretion of the neurotransmitter serotonin, which helps calm our nerves.

But if taken in excessive amounts, sugar causes obesity. It can also cause us to use up stores of vitamin B1.

<Guidelines for daily amounts when eaten as staple foods or treats>

For adult women or people engaged in light labor:



Two medium bowls of rice



Bread



Noodles



A flavoring



A dessert or candy

Optimum amount depends on sex, weight, and workload.

Vitamin C.....In stressful times, we use up adrenal cortical hormones. We need vitamin C in order to replenish our bodily stores.

We need a minimum of 100 mg of vitamin C every day, or slightly more if we're under a lot of stress.

<Eat something like the following per day as side dishes or treats>



Nimono (cooked vegetables)



Salad



Ohitashi (boiled greens with dressing)



Sunomono (vinegared dish)



Soup with plenty of solid ingredients



One mandarin orange



One kiwifruit

A word from the staff

How well have you been eating recently?

To handle high levels of stress, you must make a habit of eating regular, nutritionally balanced meals. Above all, it's important to remember the importance of eating a variety of foods to get the full range of nutrients.

Also, try not to eat alone. Enjoy meals over a chat with friends or family. Socializing is another important factor in ensuring mental health.

*** * Next step of stress release**

like a dream *

Many other nutrients affect our ability to handle stress. Next time we'll take a look at some of the other factors.