



Anti- Anxiety

Food list

Disclosure: For Educational purpose only.

Please consult with your primary care physician before changing your diet.

Hi, you all!!!

Welcome to my Anti-Anxiety food list. Here is a list of foods I recommend. Let's face it when we're stressed, we tend to eat whatever is easier to get our hands-on. So when we're super busy and on the go, we tend to eat fast food or snack on processed foods. As soon as the anxiety kicks in, it becomes a vicious cycle of anxiety and panic if you have not retrained your brain to not feel anxious. When we're anxious, we either eat more or don't eat at all because we have stomach pain. We've already activated the anxiety, so we know how that works. This is just one of the first steps to helping you. Learning how to retrain your brain is the key to getting rid of anxiety and panic disorder. When you do that, you'll be able to eat things that might make you feel a little anxious, but you won't have the horrible anxious feelings or the panic. I'm excited to help you through this journey. You got this and you've got me to guide you.

Dr. Lisa

don't stress out

Please don't think that you need to change your diet completely, this is just a starting point and like anything, if we do baby steps and slowly implement this, eventually it become part of your daily routine. Starting slow and listening to your body is key. Find out what works for you and what doesn't. And remember that doesn't mean we can't eat a donut or your favorite little debbie snacks once in a while. We can and we should, but setting limits is key.



Food List

FRUITS

Apples
Avocados
Blueberries
Cherries
Lemon
Lime
Pear
Pomegranate
Raspberries
Strawberries
Oranges

PROTEIN

Chicken (Hormone Free)
Ground Turkey
Salmon
Tilapia
Eggs

OILS

Extra Light Virgin Olive Oil
Avocado Oil
Sesame Oil
Coconut Oil

VEGETABLES

Arugula
Asparagus
Baby Spinach
Basil
Carrots
Cauliflower
Cauliflower Rice
Celery
Cilantro
Cucumber
Garlic
Green Bell Pepper
Green Onion
Iceburg Lettuce
Red Bell Pepper
Red Onion
Sweet Potato
Spagetti Squash
Regular Potato
Tomato
Yellow Onion
Zucchini

DAIRY

Coconut Butter
Coconut Milk
Unsweetened Almond Milk
Coconut Yogurt

Food List

CANNED/BOXED

Black Beans
Brown Rice
Tomato Paste
Tuna
Chickpeas
Seed Crackers

BAKING

Almond Flour
Baking Powder
Monk Fruit Sweetener
Oats
Raw Honey
Vanilla Extract

SPREADS

Natural Peanut Butter
Almond Butter
Maple Syrup

DRINKS

Water
TEA
Collagen Powder
Magnesium Powder

SEEDS, NUTS & SPICES

Black Pepper
Cayenne Pepper
Chia Seeds
Chilli Powder
Cinnamon
Cumin
Curry Powder
Garlic Powder
Ground Flex Seed
Ground Ginger
Italian Seasoning
Paprika
Turmeric
Red Pepper Flakes
Sea Salt
Sesame Seeds
Almonds
Walnuts

CONDIMENTS

Apple Cider Vinegar
Avocado Oil Mayo
Capers
Kimchi
Olives
Sauerkraut



Coffee or Tea???

The big debate is coffee or tea. I think you know my answer. So, coffee can create some anxiety and trigger that panic attack, but if you're used to coffee and it doesn't affect you then by all means drink it. Listen to your body. If you're a coffee drinker and you need your coffee but you want to start substituting your coffee start with drinking a tea that contains caffeine. Try Matcha tea, Yerba Mate or black tea lots of people are raving about Matcha and Yerba Mate.

My Favorite Anti-Anxiety Teas

- Chamomile
- Echinacea
- Peppermint
- Lavender
- Kava
- Lemon Balm
- Valeria
- Passionflower
- Green Tea
- Holy Basil
- Turmeric
- Rose
- Ginseng
- Licorice
- Oatstraw
- Skullcap
- Kava Kava Root
- Ashwagandha
- Linden



Herbal Blends

- Té Sana - Anxiety Ease
- Té Sana - Turmeric Twist
- Té Sana - Stress Less
- Té Sana - Get your ZZZs

www.tesanawellness.com

Foods to avoid

Moderation is key. Listen to your body.

Caffeine

Caffeine can trigger anxiety. Sodas, coffee, energy drinks, pre-workout, milk chocolate all contain caffeine.

Artificial and refined sugars

Anything with artificial sweetener and refined sugar can trigger that anxious feeling.

Processed foods

Processed foods have a lot of preservatives and chemicals that can affect not only our anxiety but our health.

Alcohol

Alcohol can trigger anxiety and it's also a depressant.

Dairy

Dairy high in fat can make our anxious feelings worse, low fat yogurt is safe.

Soda

Most sodas have caffeine, and also sugar. Stay away from even the diet sodas.

Fried foods

Most fried foods have preservatives but are also cooked in vegetable oil, which is bad for anxiety.

Fruit juice

Most fruit juice has preservatives and lots of sugar.

Minimize your sodium

Sodium is bad for your heart and high amounts of sodium can mimic palpitations and mimic anxiety.

Gluten

Research is still being conducted as to why gluten causes anxiety. But I know it makes me anxious. So I stay away from it.



Ingredients:

1 cup Spinach

1/4 Avocado

1 cup Blueberries

1 tsp Turmeric, fresh

1 tsp Ginger Root, fresh

1 tbsp Almonds

1/2 cup Green Tea, brewed and cooled

1 cup Almond Milk, vanilla, unsweetened

Directions:

Add ingredients in order and blend until smooth.

Enjoy as you drink your

stress away!!!!

Dr. Lisa Cortez
HELPING YOU ELIMINATE ANXIETY NATURALLY

Dr. Lisa Cortez is a psychotherapist with over 22 years of experience. She specializes in Anxiety and has helped thousands of people like yourself overcome dreadful anxiety and panic. Start living your life to the fullest.

Follow us on Instagram @theanxietydr
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www.theanxietydr.com

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