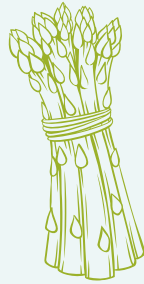


QUICK TIPS

Foods to Improve Anxiety in Kids

Asparagus

Asparagus contains the B vitamin, folic acid. Low folic acid levels can lead to increased anxiety.



Flax Seeds

Flax seeds are a great source of omega-3 fatty acid and can be made kid-friendly by adding to smoothies, breads or muffins.



Turkey

Foods rich in tryptophan, like turkey, have a natural relaxation component and are very effective at reducing anxiety.



Yogurt

It's becoming common knowledge that a healthy gut equates to a healthy immune system. It's also being discovered that a healthy gut equates to a healthy mind.



Eggs

A rich source of choline and Vitamin B12, eggs are an optimal food for brain development and may ease feelings of anxiety in children. If your child is allergic to eggs, other vitamin B rich foods include beef and citrus fruits.



Blueberries

Blueberries are rich in phytonutrients, vitamins & antioxidants – all help to decrease anxiety. Add blueberries to smoothies, muffins, or just enjoy them as a healthy snack.



Chickpeas

Chickpeas are packed with stress-fighting vitamins and minerals, including magnesium, potassium, B vitamins, zinc, selenium, manganese, and copper. Roast chickpeas for an alternative to chips.



Water

Did you know that dehydration almost always leads to anxiety? Keep a water bottle on hand at all times and remind your child to drink from it regularly.

