



Spokane Holistic
Healing

Spokane Holistic Healing Client Handout

Nutrition Plan for Anxiety

A well-balanced diet can play a key role in managing anxiety by stabilizing blood sugar, reducing inflammation, and supporting neurotransmitter function. Below is a **nutrition plan** designed to help reduce anxiety and promote overall mental well-being.

Daily Nutrition Plan for Anxiety Relief

Morning (Breakfast)

- **Protein & Healthy Fats:** Scrambled eggs with avocado on whole-grain toast
- **Complex Carbs:** Oatmeal with chia seeds, flaxseeds, and berries
- **Beverage:** Green tea or chamomile tea (reduces stress hormones)

Mid-Morning Snack

- Greek yogurt with nuts (almonds, walnuts) and honey
- A banana (rich in potassium and magnesium)

Lunch

- **Lean Protein:** Grilled salmon (rich in omega-3s) or lentils
- **Whole Grains:** Quinoa or brown rice (stabilizes blood sugar)
- **Leafy Greens:** Spinach, kale, or broccoli (high in magnesium and B vitamins)
- **Healthy Fats:** Olive oil dressing or a handful of seeds

Afternoon Snack

- Dark chocolate (70%+ cacao for magnesium and antioxidants)
- Herbal tea (lemon balm, passionflower, or ashwagandha tea for calming effects)

Dinner

- **Protein:** Grilled chicken or tofu
- **Vegetables:** Roasted sweet potatoes and steamed greens
- **Healthy Fats:** Cooked with coconut oil or topped with nuts



Evening (Before Bed)

- Warm turmeric milk (golden milk) with cinnamon
- Handful of walnuts or pumpkin seeds (rich in tryptophan for serotonin production)

Key Nutrients for Anxiety & Where to Get Them

✅ **Magnesium** (reduces muscle tension & stress)

- Sources: Spinach, almonds, pumpkin seeds, dark chocolate

✅ **Omega-3 Fatty Acids** (reduces inflammation & supports brain health)

- Sources: Salmon, walnuts, chia seeds, flaxseeds

✅ **B Vitamins** (important for brain function & mood regulation)

- Sources: Eggs, whole grains, leafy greens, nuts

✅ **Tryptophan** (helps with serotonin production for mood stability)

- Sources: Turkey, chicken, bananas, oats, dairy

✅ **Probiotics** (support gut health, which is linked to anxiety)

- Sources: Yogurt, kefir, sauerkraut, kimchi

Foods to Avoid

❌ **Caffeine** – Can increase nervousness and heart rate

❌ **Refined Sugar** – Can cause mood swings and energy crashes

❌ **Processed Foods** – May contain artificial additives that trigger anxiety

❌ **Alcohol** – Can worsen anxiety over time