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Healthy Food Habits for a less anxious you

A simple 4-step plan
to reduce anxiety naturally

Tips & recommendations
for a healthy mind and body

Bonus

List of anxiety-reducing foods included!

b.

Hello there!

After spending many years in the mental health field as a therapist, I recognized something was still missing - that finding relief requires more than simply changing our thoughts. I know firsthand how hard it is to try everything to gain control of our anxiety with little success, ultimately leaving us feeling more frustrated.

This guide was created with one goal in mind: to help people struggling with anxiety find relief by focusing on the root cause. It provides clear, actionable advice for healthy living while helping you work towards a balanced mind and body.

I am excited to share the knowledge I've learned along the way. I hope that by implementing simple tips based on science and taking small steps daily, you will feel better and back in control of your health.

In good (mental) health,

Camila Smith

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Step 1 Don't Ditch Healthy Fats

Healthy Fats = Unsaturated Fats (in the forms of monounsaturated and polyunsaturated fats)

- Healthy, unsaturated fats are necessary for producing energy, keeping us warm, enabling our immune function, protecting our vital organs, helping to balance cholesterol and blood pressure and even lower disease risk.
- We need healthy fats to absorb vitamins A, E, D, and K, which are critical for other functions of health.
- Essential fats are fats found in certain foods that our body cannot produce on its own, for example, omega-3 fats.

Did you know?

Our brain is 60% fat
and the fattiest organ
in our body!

1 Choose cooking oils based on oxidative stability.

Oils to Use

Olive (best!), Avocado, Sesame, Grapeseed, Flaxseed

Oils to Avoid

Partially Hydrogenated, Palm, Sunflower, Canola, Soybean

Tips

2 Avoid trans and saturated fats, and opt for healthier fats.

Opt for

Avocados

Nuts: Walnuts, hazel nuts, almonds, pecans

Fish: Salmon, sardines, cod

Avoid

Commercial baked goods (e.g., cakes, cookies, pies), microwave popcorn, frozen pizza, fried foods, non-dairy coffee creamer, stick margarine

3 It's all about balance.

A "cheat meal" here and there is okay - just don't make it a regular habit and balance it out with healthy options throughout the rest of the week.

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Step 2

Blood Sugar Check!

High blood sugar levels cause damage to blood vessels in the brain, resulting in poor blood circulation. Over time this can cause brain cells to die and cause brain fog, memory loss, and impact thinking and learning.

Signs of Poor Sugar Regulation

- Frequent cravings of sweets
- Afternoon crashes (fatigue)
- Frequent thirst & urination
- Headaches, especially if a meal is missed
- Feeling irritable, shaky, and tired before meals
- Excessive appetite, difficulty controlling eating, or binging
- Waking up a few hours after falling asleep and having trouble falling back to sleep

Consider eating foods low (<55) on the glycemic index (GI) and consuming complex carbohydrates.

GI index (0-100) measures the rate at which food impacts our blood sugar levels. Foods with a high GI score cause a sudden spike and can dysregulate our sugar levels.

Tips

Healthy
Options
for better
Blood Sugar Levels

- Apples, berries, oranges
- Sweet potatoes, broccoli, asparagus
- Pumpkin, chia, and flax seeds
- Lentils, kidney beans, chickpeas
- Quinoa, whole wheat pasta

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Drink Up!

Step 3

Did you know?

Our body is approximately 60% water!

Every single cell in our body needs water. It makes up a large percentage of our vital organs:

- Lungs (83%)
- Brain & heart (73%)
- Muscles & kidneys (79%)
- Skin (64%)
- Bones (31%)

- Water helps rid our body of waste through urine, bowel movements, and perspiration.
- It cools our body down when necessary through the production of sweat and respiration, and it also protects our tissues, lubricates our joints, and is an essential component of the fluid that protects our brain.

- Boost hydration and improve sleep by drinking passionflower and german chamomile tea at night.
- Add green tea at midday for a boost of energy and focus.
- Keep a reusable water bottle with you at all times to stay hydrated and reduce waste!

Tips

How much to drink?

Divide your body weight in half and drink that amount in ounces. Water, tea, and coffee all count.

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Step 4

Boost Vitamins & Minerals

The human body cannot create vitamins and minerals. We can only obtain them through food, which is why a healthy and balanced diet is essential.

Signs of Vitamin Deficiency

- Racing heart
- Nervousness
- Restless leg syndrome
- Ringing in the ears (tinnitus)
- Body twitching while falling asleep
- Dry/cracking skin at the corner of the mouth
- Feeling exhausted or sore after moderate exercise
- Numbness, tingling, or itching of hands and/or feet

1 Eat the rainbow!

Include different colored fruits and vegetables in your diet.

- **Nutrient & antioxidant-rich fruits:** Blueberries, blackberries, raspberries, strawberries, sweet cherries, and black plums.
- **Vitamin & nutrient-rich legumes:** Small red beans, red kidney beans, pinto beans, and black beans.

2 Supplements can help deliver consistent vitamins and minerals.

It can be difficult to get the same high doses of vitamins, minerals, and nutrients needed through food alone on a daily basis, since our taste preferences and meal recipes change often.

Supplements (capsules, liquids, powder, etc.) can be a great way to ensure that you get the right amount of nutrients, daily!

Did you know? **become supplements include vitamins, amino acids, herbal, and probiotics to help reduce anxiety naturally.**

Tips



b.

Anxiety-Reducing Foods

The following foods in particular are recommended based on common nutritional deficiencies linked to anxiety disorders. These food sources are nutrient-rich with the essential amino acids, vitamins, and minerals necessary to maintain a balanced diet and mental wellbeing.

SOURCE	NUTRITIONAL BENEFIT
Meat and Poultry	
Chicken Breast	B6
Beef liver	B6, zinc
Turkey	B6, tryptophan, essential amino acids
Eggs	Tryptophan
Egg yolks	Magnesium, zinc
Fish/Shellfish	
Oysters, tuna, herring, trout, sardines, mackerel, Alaskan crab, salmon	Zinc, Omega-3, B6, essential amino acids
Vegetable Protein	
Tofu	Zinc, essential amino acids
Vegetables	
Asparagus	Folic acid, potassium, fiber, vitamin A, C, E and K, chromium
Spinach, swiss chard, broccoli, okra, chives	Magnesium
Red bell peppers	Vitamin C
Beets	B vitamins, Vitamin C
Mushrooms	B vitamins, copper, potassium, iron
Avocado	B vitamins, vitamin E
Fruit	
Berries, citrus	Vitamin C
Pineapple, banana	Tryptophan
Blueberries	Vitamin C
Cocoa, dark chocolate	Tryptophan, magnesium

SOURCE	NUTRITIONAL BENEFIT
Nuts, Seeds, Grains	
Brazilian nuts, soybeans	Magnesium and selenium
Pumpkin seeds	Magnesium, potassium, and zinc
Hemp seeds	Zinc
Sesame, sunflower seeds, cashews, pine nuts, watermelon seeds	Magnesium, B vitamins, Zinc
Almonds	Magnesium, zinc, vitamin E
Chia & flax seeds, walnuts	Omega-3
Oats	B vitamins, tryptophan
Legumes	
Chickpeas	B6, Zinc
Lentils	Zinc
Beans	Zinc
Pre/Probiotics	
Prebiotics	
Apples, garlic, asparagus, leeks, bananas, Jerusalem artichoke, dandelion greens, chicory root, onion, jicama root	Prebiotics are carbohydrates necessary to nourish probiotics
Probiotics	
Pickles, yogurt, miso, sauerkraut, kimchi, milk, cheese, tempeh, sourdough, apple cider vinegar	Improves gut health- healthy bacteria makes food more digestible, increases vitamin synthesis, helps in preservation of nutrients, reduces sweet cravings, and maintains the immune system.
Grains	
Whole grains	Magnesium, tryptophan
Tea	
Green Tea	Great source of L-Theanine
Chamomile	Reduces inflammation and regulates neurotransmitters

Grocery Shopping List

for a *less* anxious you

Protein

- Chicken Breast
- Turkey
- Lean Beef
- Beef Liver
- Eggs
- Tofu

Vegetables

- Asparagus
- Spinach
- Swiss Chard
- Broccoli
- Okra
- Chives
- Red Bell Peppers
- Beets
- Mushrooms
- Avocado
- Sweet Potatoes
- Garlic
- Leeks
- Jerusalem Artichoke
- Dandelion Greens
- Chicory Root
- Onion
- Jicama Root

Seafood

- Salmon
- Oysters
- Tuna
- Herring
- Trout
- Sardines
- Mackerel
- Alaskan Crab
- Canned Tuna

Legumes

- Chickpeas
- Lentils
- Small Red Beans
- Red Kidney Beans
- Pinto Beans
- Black Beans

Grains

- Whole Grain Bread
- Whole Wheat Pasta
- Quinoa
- Rolled Oats

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Grocery Shopping List

for a less anxious you

Fruit

- Blueberries
- Blackberries
- Raspberries
- Strawberries
- Red Cherries
- Black Plums
- Apples
- Pineapples
- Bananas
- Blueberries
- Oranges

Nuts & Seeds

- Almonds
- Brazilian Nuts
- Pumpkin Seeds
- Hemp Seeds
- Sunflower Seeds
- Cashews
- Pine Nuts
- Chia Seeds
- Flax Seeds
- Walnuts
- Pecans

Probiotics

- Pickles
- Yogurt
- Miso
- Sauerkraut
- Kimchi
- Milk
- Cheese
- Tempeh
- Sourdough
- Probiotic Supplements

Teas

- Green Tea
- Chamomile Tea
- Passionflower Tea

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