

STRESS, ANXIETY, DEPRESSION

How Diet Can Help

Stress, Anxiety & Depression all interfere with your life and put demands on your body nutrients which are used up at a fast rate. The good news is that these conditions respond very well to the daily intake of nutritious foods.

Stress is an unavoidable part of life and can be handled better if the body is nutritionally well fed. Overwork, lack of sleep, physical illness, excessive alcohol consumption and smoking are common physical factors that put stress on the body.

Anxiety can affect people of all age groups and acute anxiety often results in panic attacks which are distressing and frightening. Feelings can include shortness of breath, claustrophobic sensation, heart palpitations, hot flushes or chills and often a distorted perception of people and events.

Depression is a syndrome that includes depressed mood, disturbed eating, sleeping and bowel habits, low self-esteem, poor concentration and feelings of hopelessness. This is often associated with an inadequate diet and can be improved by consuming high nutrient foods along with regular meals and snacks.

AVOID

- Artificial sweeteners containing aspartame.
- Sugars which cause fatigue & depression.
- Caffeine found in some pain killers, coffee, black tea, cola beverages and chocolate which contribute to nervousness & poor sleeping.
- All products containing wheat.
- Highly processed foods like soft drinks, fried foods, junk foods & preservatives.

DIETARY SUGGESTIONS

- Establish set meal times and snacks every day.
- Eat high nutrient foods free of sugar and fats.
- Aim for a diet composed of 60% fresh vegetables and fruit to supply valuable minerals, vitamins, flavonoids and fibre along with 20% fish, meat, egg or legumes and 20% cereal based foods.
- Folic acid, found in wholegrain cereals and green leafy vegetables, raises serotonin levels in the brain which helps to lower depression.
- Zinc, magnesium, Vitamin C & selenium are beneficial nutrients in fighting depression. Brazil nuts, seafood, lentils & avocado are high in selenium.
- Do **NOT** use wheat but use rye, millet, oats, rice soy, buckwheat, corn, sago, type cereals. Read cereal product labels and check for wheat. Wheat gluten has been linked to depressive disorders.
- Consuming complex carbohydrates such as wholegrain cereals, vegetables & fruits help you to relax.
- Protein, with meals, such as salmon, white fish or turkey contain essential fatty acids & increase alertness.
- Eat a variety of nuts, seeds, olives & use oils such as flaxseed, olive or canola.
- Limit saturated fats found in butter, cheese, cream, sausages and fatty meats.
- Grill, steam, bake or microwave foods. Do not fry foods.
- Check for food sensitivities or food allergies as these may trigger depression in some people.
- Learn relaxation techniques and practice daily.
- Build daily exercise into your lifestyle such as brisk walking in sunshine, bicycle riding in sunshine, swimming or aerobics.
- Be sure to get adequate rest & sufficient sleep EACH night. Practice deep breathing exercises
- Participate in a range of things with friends. Learn to laugh & enjoy music.

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PRODUCTS

- ♥ Less than 3% fat (low saturated fat)
- Gluten Free, Wheat Free
- ☑ No added sugar
- Low GI

Biscuit – 97% Fat Free

- ☑♥■ Apricot Temptation (GI – 47)
- ☑♥■ Spicy Apple Sensation (GI – 47)
- ☑♥■ Blueberry Bliss (GI – 47)
- ☑♥■ Sticky Date (GI – 47)
- ☑♥■ Zesty Ginger (GI – 47)

Fruit Spreads

- ☑♥■ Apricot (GI – 29)
- ☑♥■ Raspberry (GI – 26)
- ☑♥■ Strawberry (GI – 29)
- ☑♥■ Marmalade (GI – 27)

Sauces

- ☑♥ Tomato Pasta Sauce

Spreads

- ♥ Vege Spread (gluten free/yeast free)
- ☑ Soy Butter

Snacks

- Baked Corn Chips •☑♥ Plain
- Fried Corn Chips
 - ☑ Plain
 - Cheese
- Crackers
- Snackbread – *Dry Crackers*
- Snack Pack:
Gluten/wheat free, dairy, nut & egg free
- Spinach & Garlic Dips & Crackers

Confectionery

- Fruit strips enriched with a vitamin & mineral blend
 - ☑♥■ Apple & Apricot (GI – 29)
 - ☑♥■ Pear & Peach (GI – 29)
 - ☑♥■ Plum & Apple (GI – 29)

Slices/Bars

- Gluten Free, Wheat Free Slices:
 - ☑♥ Strawberry Multipack – **Medium GI (58)**
 - Choc Chip Multipack
- Omega Bar - good source of Omega 3 & 6 (GI – 21)
- Nutritious Snack Bars:
Gluten free, wheat free, low carb, high fibre
 - Yoghurt Coated Almond & Apricot
 - Almond & Apricot
 - Macadamia & Pineapple - **Medium GI (56)**
 - Simply Nuts

Breakfast Bar

- ☑♥■ Hi-Lite Breakfast Bar (GI – 53)
- ☑■ Muesli Breakfast Bar - gluten free (GI – 50)
- ☑ Super Berry Breakfast Bar, only 4% fat – **Medium GI (57)**

Breakfast Cereals

- ☑♥■ Hi-Lite Cereal with Wholegrains, enriched with vitamin C, iron & folate, wheat free (GI – 54)
- ☑♥ Rice Flakes with Psyllium
- ♥ Rice Puffs with Psyllium
- ♥ Corn Flakes with Psyllium
- ☑♥ Ultra Rice with Psyllium
- ☑■ Muesli -Yeast Free, Wheat free (GI – 44)
- ☑■ Muesli - Gluten Free, Wheat Free (GI – 50)
- ☑■ Quick Oats Porridge, Wheat Free (GI – 50)

Pastas

- Enriched with a vitamin & mineral blend & added fibre
 - ☑♥■ Enriched Rice Pasta (GI – 51)
 - ☑♥■ Enriched Spaghetti (GI – 51)

Bakery

- ♥•☑ All-Purpose Flour
- ♥• Pancake Mix – **Medium GI (61)**
- ♥•■ Corn Fritter Mix (GI – 34)

Beverages

- Organic Grape Juices
 - ♥☑ Black Muscatel
 - ♥☑ Shiraz
 - ♥☑ White Muscatel

Cookbook (RRR \$24.95)

NEW GLUTEN FREE PRODUCTS AVAILABLE SOON:

- **Wraps**
- **Frozen Foods** - Pizzas (Supreme, Hawaiian)
 - Shepherd's Pie
 - Crumbed Fish Fillets
 - Crumbed Chicken Fillets
 - Apple Crumble
 - Sticky Date Pudding
 - Donuts

Low Allergenic Fragrant Free Body Range

- Natural shampoo & conditioner
- Crystal deodorant stick
- Crystal deodorant spray
- Crystal roll on deodorant
- Aluminum free roll-on Deodorant.
- Body soap

Avoid any of these Freedom Food Products if a known allergy exists.

Glycemic Index (GI) is a ranking of carbohydrate according to their effect on blood glucose levels. The GI has been tested by the International Diabetes Institute using approved methodology.

Low GI ≤ 55

Medium GI = 56-69

High GI ≥ 70

The Freedom Foods Cookbook (RRP \$24.95) provides an interesting variety of high nutrient dishes that makes food preparation and cooking easy. Visit Freedom Foods website www.freedomfoods.com.au or free-call 1800 646 231 for further information.