

How important is Nutrition during stressful times?

Helpful information about your health as you deal with the forest fires.

The priorities of our day-to-day lives during stressful situations can change. Eating healthily may drop to the bottom of the priority list. Unfortunately, this can make things worse.

What happens to your body during stress?

Stress causes the body to pump extra adrenalin, insulin, and other chemicals. Digestion is interrupted, muscles contract, and the immune system is put on alert. This “stress response” enables you to rally the power that you need to respond to an emergency. But if it happens too often, it can leave you exhausted.

What can you do?

Keep your blood sugar level steady with a small meal or snack every two to four hours during the day. Choose foods that have a balance of protein, carbohydrate and fat. For example, a whole grain bagel, a slice of cheese and a piece of fruit. Complex carbohydrates and vegetables, like grains can elevate serotonin in your brain, making you feel more relaxed.

Water, caffeine, and alcohol

Drinking plenty of plain water can boost your energy level as well as re-hydrate you in this hot dry weather. Limit caffeine and alcohol, which are dehydrating and may put you on edge. Eating fruits and vegetables, which are made of mostly water, helps you get your nutrition and fluid needs met at the same time.

Quick snacks/meals

Keep whole grain crackers, cheese packages, yogurt, small cartons of milk, fresh and dried fruit, 100% juice boxes, ready-to-use packages of carrots, bottled water and peanut butter portions on hand to assemble quick snacks or meals.

**For more information call the
BC Health Guide Nurse Line
Available 24 Hours Toll Free
1-866-215-4700**

For deaf and hearing impaired: 1 866 TTY 4700