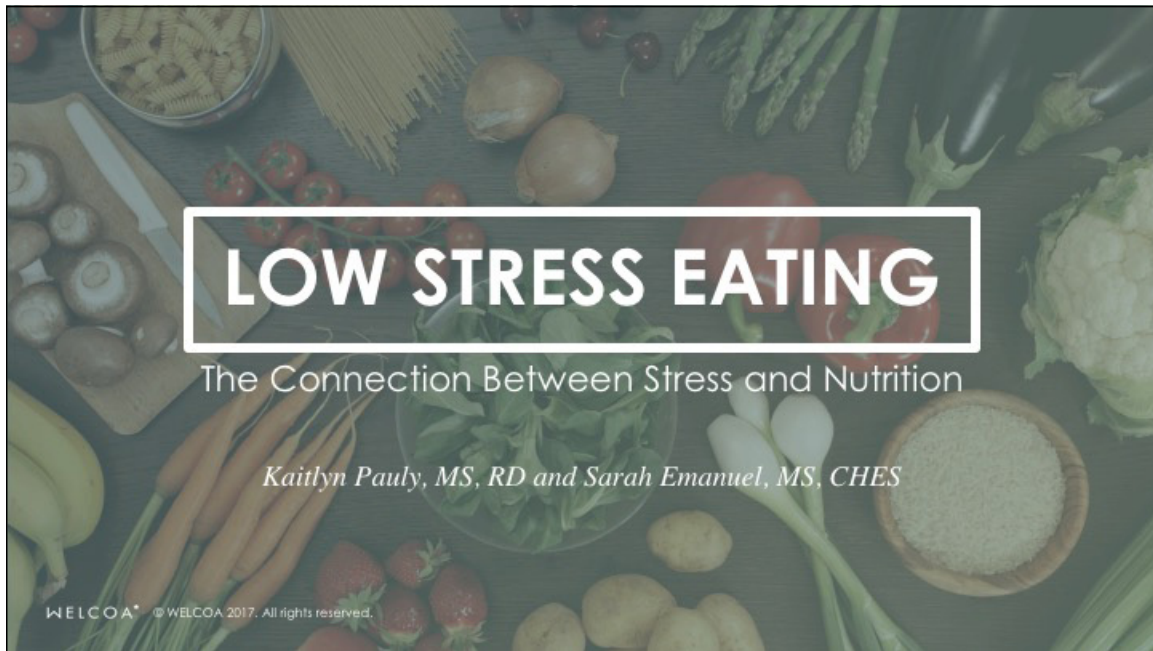


# Low Stress Eating: The Connection Between Stress and Nutrition

*Kaitlyn Pauly, MS, RD and Sarah Emanuel, MS, CHES*



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## Nutrient:

A substance that provides nourishment essential for growth and the maintenance of life.



**CARBOHYDRATES**



**FATS**



**PROTEINS**

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## Carbohydrates



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## Fats



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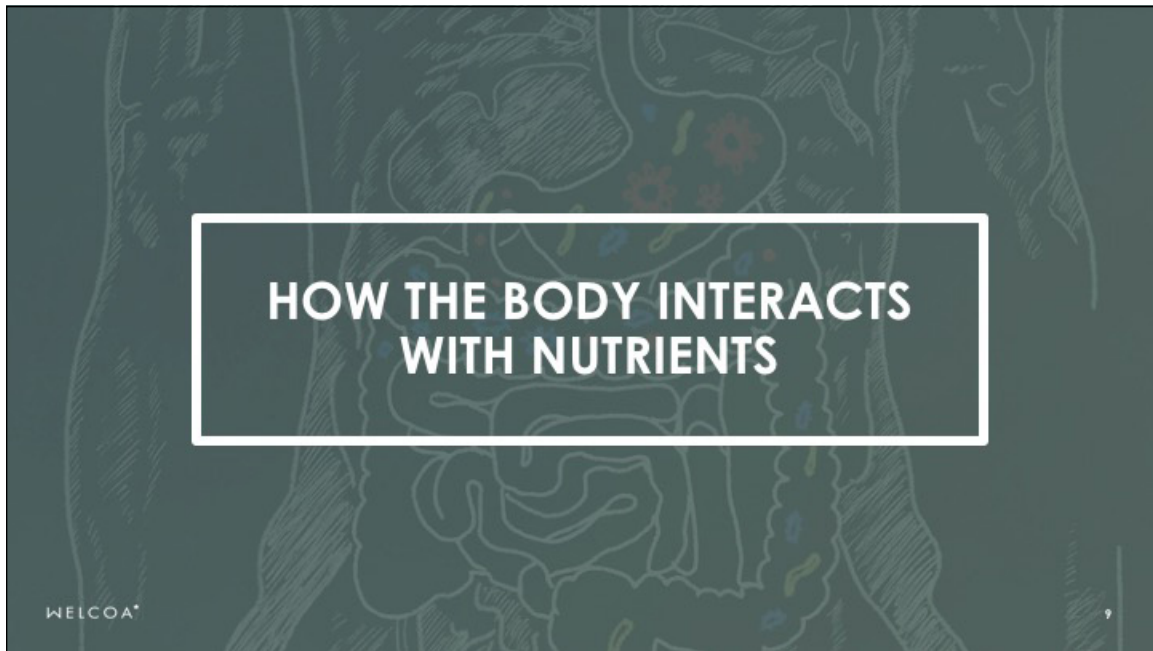
## Proteins



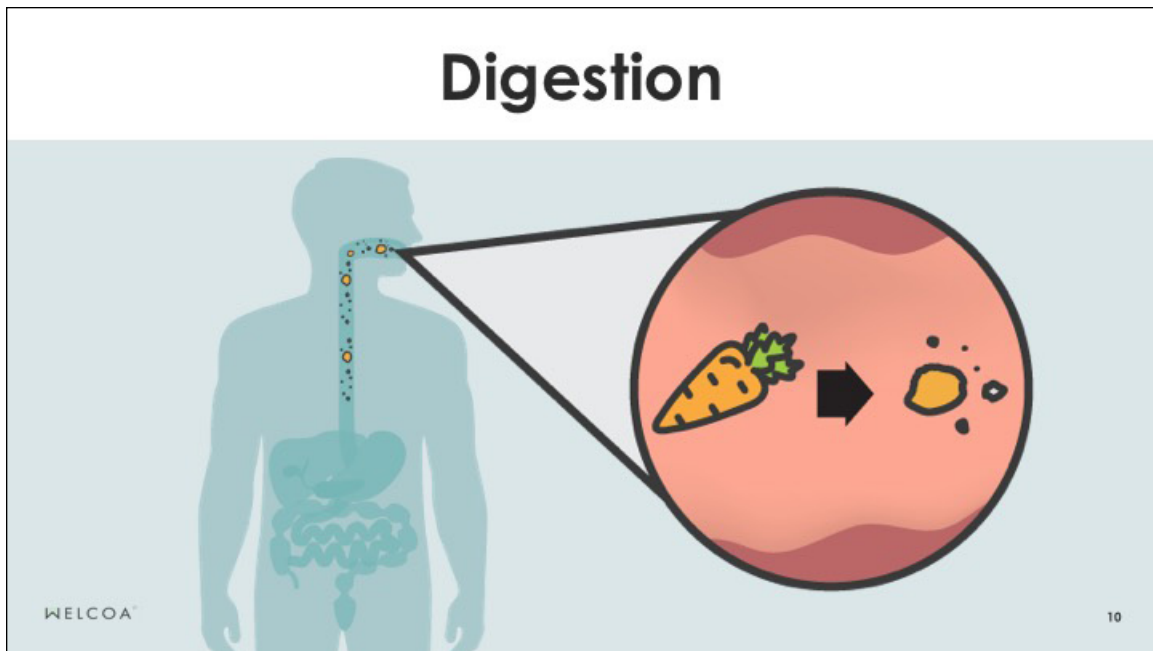
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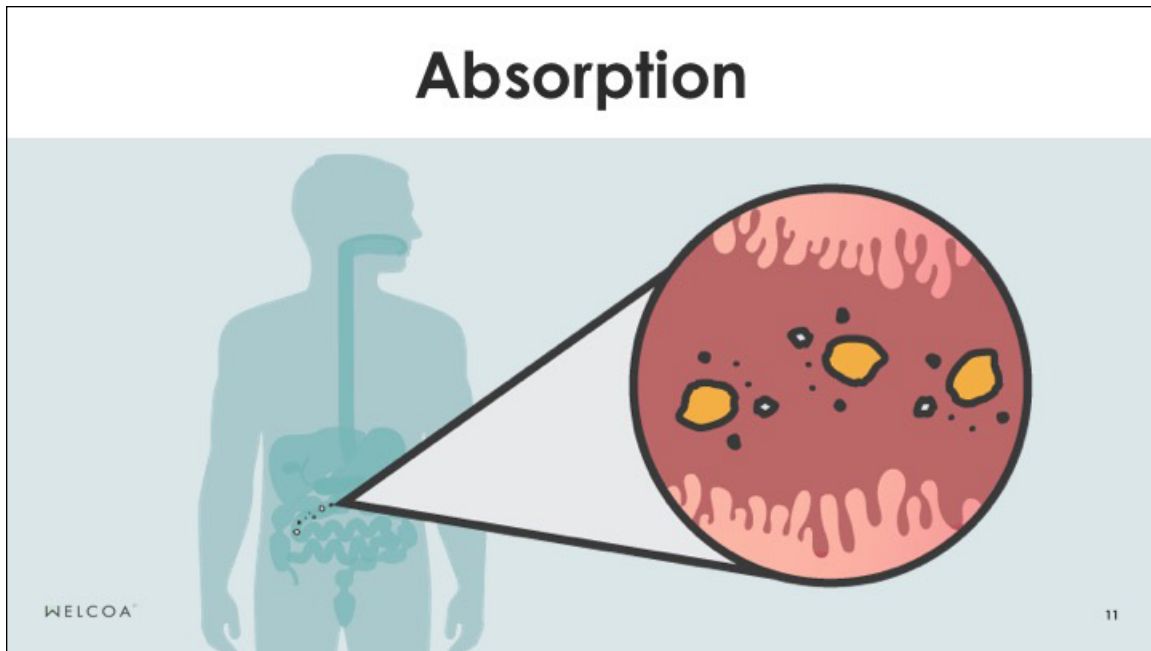
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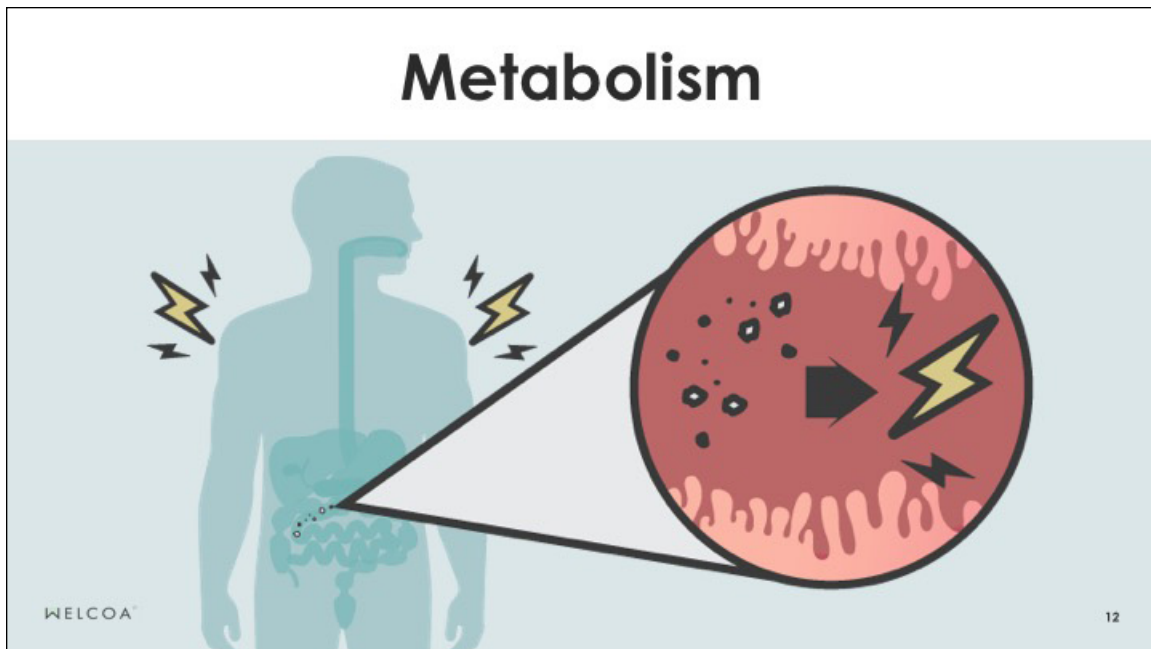
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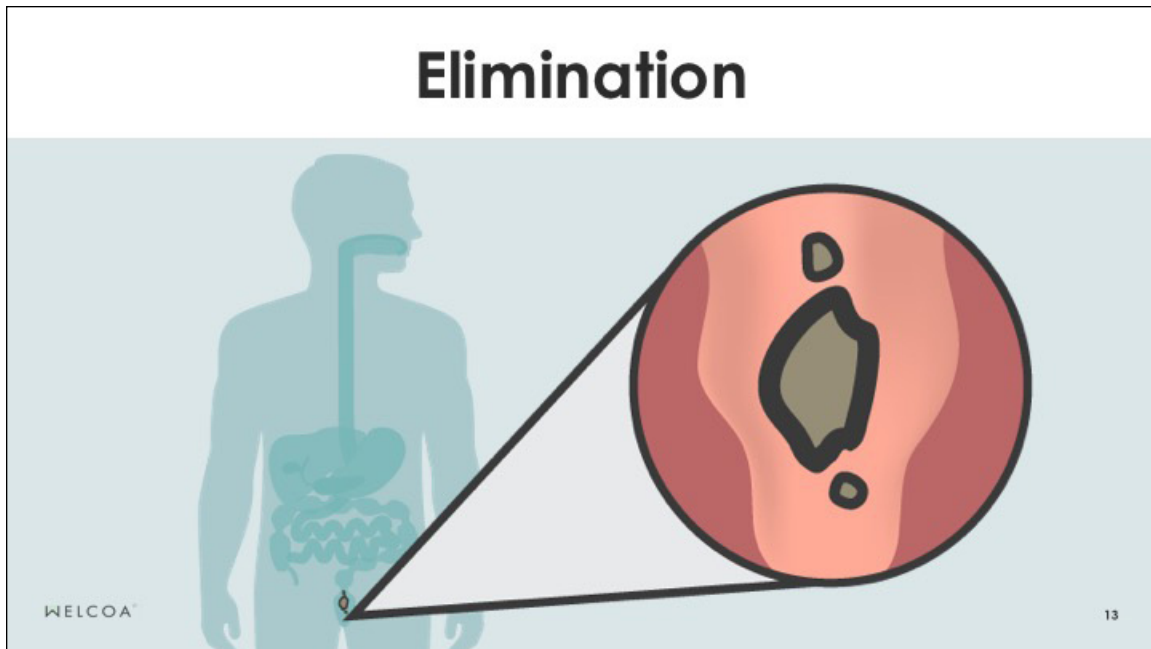
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## Tips for Reducing Stress:

R.E.L.A.X.



Recognize



Extra Sleep



Laughter



Attitude



eXercise

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## Eating Stress Free

Food Choices for Less Mental and Physiological Stress



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## Gut Microbiome

Fostering Good Bacteria



**Pre-biotics**

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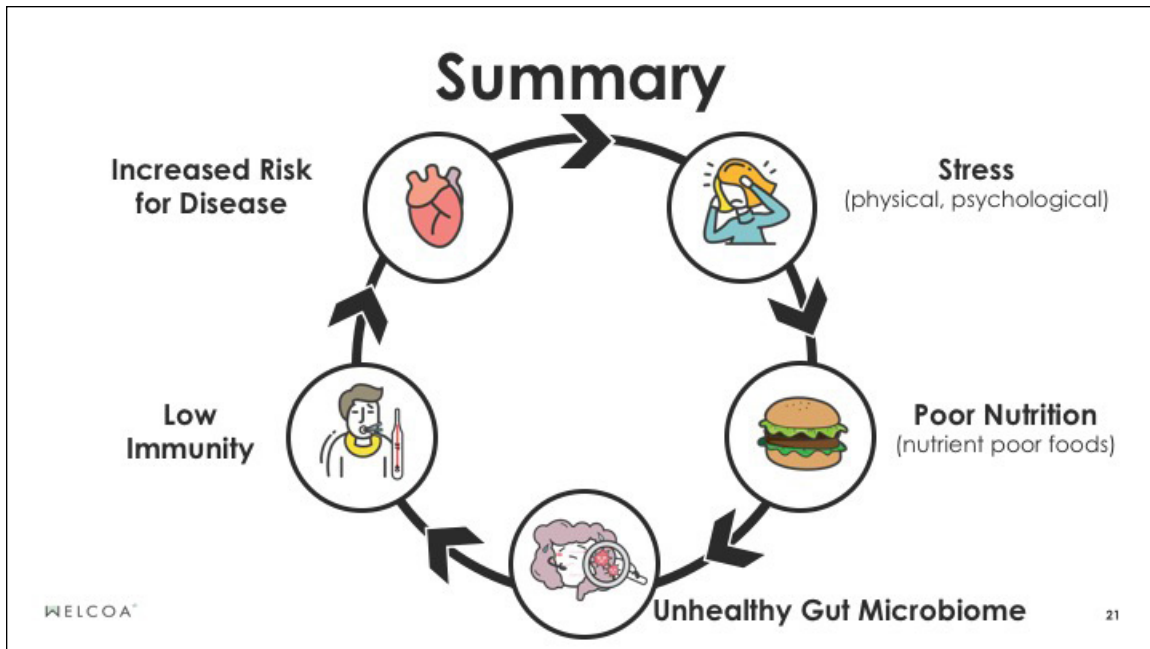
**Pro-biotics**

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## Helpful Resources



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### App recommendations:

[foodandnutrition.org/Nutrition-Apps/](http://foodandnutrition.org/Nutrition-Apps/)

### Websites:

[eatright.org](http://eatright.org)  
[nutritionfacts.org](http://nutritionfacts.org)  
[ods.od.nih.gov/](http://ods.od.nih.gov/)  
[food.unl.edu/fnh](http://food.unl.edu/fnh)

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THANK YOU

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