Eating for Stress vs Stress Eating

Do you have a bad habit of eating when you are stressed?
Do you eat unhealthy foods when stressed?

- Take the stress survey to assess your level of stress. Score:_____
- Do a two week pre-test assessment of your stress eating habits.
  - How many days did you stress eat?
  - What foods did you eat when stressed?
  - Improve your nutrition by eating healthy fruits and vegetables. Pick your challenge and join.
- Set a goal to eat more stress free foods, avoid stress eating, or a combination of both.
- Work on your goal for a couple a months. When you have successfully met your goal 45 times, return the form and receive a gift card.
- Open to employees and spouses.
- The program begins January 16, 2023. You may begin any time after this date.
- **Take as long as you need to complete the program, there is no deadline.**

Pretest   **Name: _____**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
WEEK 1								
Stressed Eating								
Stress Induced Foods								
WEEK 2								
Stressed Eating								
Stress Induced Foods								
Total								

Foods that increase the stress response:

- Alcohol
- Caffeine
- High-sugar foods
- Simple carbs, such as cakes and pastries
- Soda

Stress relieving foods:
- Fish
- Poultry
- Fruits
- Vegetables
- Fruits
- whole grains

Healthy fat foods high in omega-3 fatty acid:
- Anchovies
- Avocados
- Chia seeds
- Flax seeds
- Herring
- Mackerel
- Olive oil
- Oysters
- Salmon
- Sardines
- Tuna
- Walnuts

Foods high in vitamin B:
- Beef
- Chicken
- Eggs
- Fortified cereal
- Nutritional yeast
- Organ meats

Magnesium-rich foods:
- Avocados
- Bananas
- Broccoli
- Dark chocolate
- Pumpkin seeds
- Spinach

Protein-rich foods:
- Almonds
- Chicken breast
- Eggs
- Lean beef
- Lentils/Beans
- Peanuts
- Quinoa
- Turkey breast
- Tuna
- Salmon
- Shrimp

Gut-healthy foods:
- Greek yogurt
- Kefir
- Kimchi
- Kombucha
- Sauerkraut

(Place a mark each day you achieve your goal. When you reach 60 days turn in the form to receive your gift card.)

Name_____ Use this form anyway that works for you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
							Grand Total	