

Name: _____
Date: _____

15. Read the passage given below and answer the questions that follow :

Eat Vitamin Rich Foods

A healthy diet, exercise, yoga, meditation, listening to music, or engaging in a hobby are all known stress reduction strategies. Vitamins are an essential component in your quest for perfect glowing skin, as well as numerous other health benefits. It boosts the immune system and increases the body's ability to withstand stressful situations. Dietician Vidhi Chawla lists down a few vitamin-rich food items to include in our diet

ORANGES

Oranges, which are high in vitamin C, can help to lower stress hormones and strengthen the immune system. According to research on high blood pressure patients, increasing your Vitamin C intake can lower your blood pressure and levels of cortisol, or stress hormone.

SPINACH

Spinach is a nutritious leafy green vegetable high in calcium, B-vitamins, iron, and antioxidants. One of the foods that can help with anxiety is spinach. Magnesium is found in 157 mg per cup of spinach, which is 40 per cent of your daily requirement.

EGGS

One of the few naturally occurring sources of vitamin D is whole eggs. Whole eggs are high in vitamins, minerals, amino acids, and antioxidants. Whole eggs are especially high in choline which is beneficial to brain health protects against stress.

AVOCADOS

B vitamins are necessary for the health of our nerves and brain cells, and a B vitamin deficiency may cause anxiety. Avocados are high in B vitamins, which are known to help with stress relief.

BLUEBERRIES

Blueberries may appear small, but they are high in antioxidants and vitamin C, making them effective stress relievers. Our bodies require vitamin C and antioxidants to repair and protect cells when we are stressed.

NUTS

Nuts are high in nutrients, including B vitamins and omega-3 fatty acids. B vitamins are an essential part of a healthy diet and can help with stress reduction.

Almonds, pistachios, and walnuts may even aid in the reduction of blood pressure. Nuts and seeds are also high in magnesium, which is beneficial because magnesium has been linked to improved anxiety management.