



Official Newsletter of WIC Worksite Wellness

STRESS-RELIEVING ANTIOXIDANT-RICH FOODS

Ana Hernandez & Jilian Arizcuren

Do you often find yourself stress-eating? Seeking comfort foods while undergoing a stressful situation can often cause someone to make poor eating decisions that may not help relieve stress.

Fortunately, antioxidant-rich foods help manage stress by providing essential nutrients to support a calm lifestyle. (1) [Antioxidants](#) have shown to protect our bodies from very unstable cell molecules called free radicals. Under stressful states, these molecules can lead to the development of heart complications, cancer, and other diseases. (2) Vitamins C and E are two types of antioxidants that can help prevent our body's cells from producing too many free radicals. (3) Antioxidants can be found in plant-based foods as shown below:

- Dark chocolate (3.5 oz)- aim for 70% or higher cocoa content (4)
- Pecans (2 oz)- raises blood antioxidant levels & lowers bad cholesterol (5)
- Berries (1 cup)- rich in antioxidants which may help prevent heart disease (6)
- Artichokes (1 oz)- boiling or steaming raises antioxidant content (7)

For more information on antioxidant-rich foods, click [here](#).



HOW TO DESTRESS BEFORE BED

Jaquelyn Neves & Lexi Skinner

Relaxing before bed ensures a good night's rest. There are many ways to unwind before bed. To learn how, here are four tips to improve your sleep quality:

- **Meditation:** This practice focuses your attention on emotions, thoughts, and feelings. The resource section provides sources to help you get started.
- **Deep Breathing:** This is a powerful tool to help ease stress and anxiety. Check out this [resource](#) to help guide you through breathing techniques. (8)
- **Taking a Warm Bath or Shower:** [Research](#) shows that exposing the skin to warm water can help you fall asleep faster. (9)
- **Stretching:** Low-impact exercises like stretching or yoga can improve blood flow and relieve muscle tension which can help enhance sleep quality. (10)

DARK CHOCOLATE BANANA BREAD

Jade Martinez, Janeza Bridges, Samantha Camacho

How often do you crave a slice of decadent banana bread, but wish it was more nutrient dense? Well this banana bread is the way to go! (1)

Prep time: 10 mins **Cook Time:** 55 mins **Servings:** 12

Ingredients (11):

- 1 $\frac{3}{4}$ cups whole wheat flour
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon sea salt
- 2 medium eggs
- $\frac{1}{2}$ cup olive oil
- $\frac{1}{3}$ cup honey or maple syrup
- $\frac{1}{4}$ cup 0% Greek yogurt
- 1 teaspoon vanilla extract
- 1 cup mashed ripe bananas (about 2-3 medium bananas)
- Optional: $\frac{1}{2}$ teaspoon ground cinnamon, $\frac{1}{2}$ cup dark chocolate chips, chopped walnuts, or raisins

Instructions (11):

1. Preheat oven to 325F. Grease a 9x5 inch metal loaf pan with olive or coconut oil and set aside.
2. In a medium bowl, whisk flour, baking soda, and salt together, and then set aside.
3. In a large bowl, mix eggs, oil, honey, greek yogurt and vanilla for 2 minutes. Stir in bananas, flour mixture, chocolate chips, and add-ons of choice.
4. Pour batter into greased pan. Sprinkle with raw sugar or banana slices (optional).
5. Bake for 50-55 minutes or until a toothpick inserted comes out clean.
6. Cool for 10 minutes, slice, and enjoy!



Price Comparison

	Price Per Serving	Price Per Loaf
Dark Chocolate Banana Bread (1 serving) (11)	\$0.22	\$2.63
Starbucks Banana Nut Bread (1 serving) (12)	\$2.75	N/A

Nutrition Facts (11)

Per Serving (1 slice - 3/4" thick)

Calories: 238
Total fat: 12 grams
Saturated fat: 10 grams
Cholesterol: 27 milligrams
Sodium: 209 milligrams
Carbohydrate: 29 grams
Fiber: 2 grams
Sugar: 12 grams
Protein: 4 grams
Potassium: 199 milligrams
Iron: 1 milligram
Calcium: 42 milligrams
Vitamin A: 60 IU
Vitamin C: 1.7 milligrams

STRESS AWARENESS RESOURCES

Pedro Guzman BS & Ashlyn Taylor

Calm App



The "CALM" app is useful for finding guided meditations to help you fall and stay asleep. It also provides relaxing sounds to reduce stress levels. (13) Everyday users of this app have stated it has greatly helped to reduce their anxiety levels when used consistently. [Download](#) the app and find out what it has to offer to help your unique needs! (13)

Healthline



Healthline lists 15 of the most useful podcasts for meditation. It gives information on how meditation can be helpful to reduce stress, anxiety and increase feelings of calmness throughout your day.¹ Click [here](#) to find more information and the right meditation podcasts for you! (14)



This newsletter was made possible by the partnership between California WIC Association and the American Red Cross WIC Program.

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