

TOP TEN LOW-STRESS FOODS

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The following is a list of Non-Marine Foods identified on basis of ratio of omega 3 to omega 6 fatty acids greater than or equal to 1:1. The omega 3 to omega 6 fatty acid ratio is calculated as (Alpha Linoleic Acid + EPA + DHA) / Omega 6.

1. Green gram - This legume is also known as mung bean, the sprouts of which are available for purchase at Asian groceries.
2. Fresh beans and peas - most beans and peas have a very favorable ratio of omega-3 to omega-6 fatty acids. Dishes cooked from reconstituted dried beans have an even higher ratio than their fresh counterparts.
3. Cauliflower - the florets can be used as a substitute for potatoes. They possess the texture but not the starch content.
4. Buttercrunch lettuce - other leaf lettuces also possess a very favorable ratio. But watch out for the dressing you choose to flop on top.
5. Broccoli - if you were hoping to avoid this nightmare of many a childhood, sorry to disappoint. It really is good for you.
6. Mint - do not go eating your toothpaste, as that is purely mint flavor rather than mint itself. Opt instead for a jaunty julep.
7. Mustard - a little spice in one's life never hurt anyone, whether yellow or grey.
8. Spinach - its health-promoting qualities may be related more to this feature than its frequently touted iron content, most of which is in an unusable state.
9. Strawberries - they make for a delicious snack anytime, any place.
10. Chia seeds - we are not encouraging you to eat your Chia Pet.

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