

# Performance Anxiety and Nutrition

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Symptoms of dehydration and/or disordered blood sugar levels: anxiety, nervousness, memory issues, blurred vision, irritable/lightheaded if meals are missed, jitteriness/shakiness, depression

## Action Steps

- **Strategy #1 - Drink enough pure water every day**
  - Drink ½ your body weight (lbs) in ounces of pure water per day
  - Filter your water using an inexpensive charcoal filter (like Britta) or better yet a comprehensive filter like Berkey
  - Add a pinch of unrefined sea salt to each glass of water you drink to add much needed minerals to your diet
  - Diuretics like coffee, caffeinated teas (plus some herbal tea like peppermint), soda, alcohol, packaged fruit juices, certain prescription drugs increase your need for water during the day
- **Strategy #2 - Eat a lower glycemic diet**
  - Cut back on sugar, replace soda and sweet coffee drinks with water or unsweetened tea, eat more green leafy and fibrous vegetables, eat less refined grains and starchy foods (corn, wheat, potatoes)
  - We can burn healthy dietary fats for energy! Reduce blood sugar and insulin spikes to even out your energy levels
  - Eat foods to support blood sugar handling: eggs, fish, asparagus, olive oil, kale, collards, liver, onions, oysters, cinnamon, turmeric
- **Strategy #3 - Eat plenty of healthful fats**
  - Fats provide energy, help control inflammation, and taste great!
  - Omega 3 - fish and fish oil, walnuts, flaxseed, hemp, pumpkin
  - Omega 6 - oils of sesame, black currant seed, evening primrose, borage (cold-pressed, dark containers, refrigerated)
  - Omega 9 - extra virgin olive oil, hazelnut, almond, avocado
  - Saturated - coconut oil, eggs, butter, raw dairy, fats from animals eating a species-appropriate diet
  - Avoid bad fats like the plague - hydrogenated fats, trans fats, fried foods, industrial seed/vegetable oils in clear plastic (canola, sunflower, safflower, soybean, corn)

## Snack Ideas

- 2 Hard-boiled Eggs (\$0.50)
- Half an avocado with sea salt (\$0.50)
- Handful of raw or dry roasted nuts - watch out for nasty oils! (\$0.50-\$1.00)
- Apple with nut butter (\$1.00-\$1.50)
- Pouches of olives, pickles - read ingredients! (\$1.00)
- Canned tuna, salmon on salad (\$1.00-\$2.00)
- Unsweetened, full fat yogurt, cheese, if tolerated (\$0.50-\$1.00)
- Quality jerky - watch out for nasty ingredients! (\$1.00-\$1.50)
- Smoothie with greens, frozen blueberries, unsweetened almond milk, superfood powder, half avocado, splash lemon juice (\$3.00)