

Breakfast for Anxiety Relief

Wholegrain bread
Provides complex carbs
for sustained energy

Avocado
High in folate, which
may help depression
symptoms



Eggs
Rich in tryptophan,
which may help
with anxiety

Berries
High in vitamin C and
antioxidants, which may
help anxiety symptoms

Anxiety Relief Protein Breakfast Compare

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Anxiety Relief Protein Breakfast Compare:

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