**Abstract**

Stress is a complex phenomenon and each individual has his/her own level of stress tolerance. Exposure to stressors results in a series of coordinated responses often referred to as ‘stress responses’ which are composed of series of reactions in the body including alterations in behaviour, autonomic function, secretion of multiple hormones and various physiological changes in the body. There are several ways to cope up with stress and one good solution is to eat stress fighting and reducing nutrient through food. A nutritious, well balanced diet has powerful stress reducing benefits that improve brain functioning, shore up immune function, lower blood pressure, improve the circulation, and reduce toxins from the body. Some specific nutrients play a very important role in reducing the levels of cortisol and adrenalin in the body and also the stress chemicals that activate fight and flight response.