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*Stress Busters: Clinical Strategies for Preventing and Mitigating Toxic Stress*  
**Resources for the Nutrition Module**

- [ACEs Aware Stress Busters website](#)
- [ACEs Aware Stress Busters website – Balanced Nutrition](#)
- [Download the ACEs Aware Balanced Nutrition handout](#)

**ACEs Aware Resources**

- [ACEs Aware Stress Buster Resource Page](#)
- [ACEs Aware Balanced Nutrition handout](#)

**Everyday Practices**

- [Trauma-informed nutrition approach](#)
- [MyPlate Handout: English](#)
- [MyPlate Handout: Spanish](#)
- [ACEs Aware Balanced Nutrition handout](#)
- [Division of Responsibility](#)

**For Those Who Need a Little Extra Support**

- [Food, stress, and health](#)
- [Anti-inflammatory diet](#)
- [Farmer's markets](#)
- [SNAP](#)
- [WIC](#)
- [National Council on Aging Website](#)

**For Those Who Need a Lot of Extra Support**

- [Leah's Pantry](#)

**Nutrition and Toxic Stress in Specific Populations**

- [My Plate website \(adults\)](#)
- [MyPlate Healthy Eating for Teens](#)
- [Cooking Matters website](#)
- [Cooking Matters handouts](#)

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- [MyPlate Activity sheets](#)
  - [ACOG](#)
  - [USDA \(Pregnancy\)](#)
  - [USDA MyPlate \(Perinatal Period\)](#)

**Alphabetical List of Links:**

- [ABC's of Family Mealtimes: Observational Lessons for Promoting Healthy Outcomes for Children with Persistent Asthma](#)
  - [ACEs Aware Stress Busters website](#)
  - [ACEs Aware Balanced Nutrition handout](#)
  - [ACOG](#)
  - [Anti-inflammatory diet](#)
  - [Cooking Matters website](#)
  - [Cooking Matters handouts](#)
  - [Division of Responsibility](#)
  - [Farmer's markets](#)
  - [Food, stress, and health](#)
  - [Healthy Eating for Teens](#)
  - [Leah's Pantry](#)
  - [My Plate website](#)
  - [MyPlate website \(adults\)](#)
  - [MyPlate website \(Healthy Eating for Teens\)](#)
  - [MyPlate Activity sheets](#)
  - [MyPlate Handout: English](#)
  - [MyPlate Handout: Spanish](#)
  - [National Council of Aging website](#)
  - [Relish Life website](#)
  - [SNAP website](#)
  - [Stress and Health](#)
  - [Trauma-informed nutrition approach](#)
  - [Ultimate Expert- Approved Diet Plan for a Happier, Less-Stressed You](#)
  - [USDA \(Pregnancy\)](#)
  - [USDA MyPlate \(Perinatal Period\)](#)
  - [WIC](#)
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ACEs Aware course: [Stress Busters: Clinical Strategies for Preventing and Mitigating Toxic Stress](#)

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