Mental health is a major dilemma among many Americans and citizens of the world. The pressing concern of mental health can be attributed to daily stressors, cultural barriers, unhealthy eating habits, and many more factors that directly affect one's psychological and physical health. Although there has been a constant increase in the number of women employed within the agriculture industry, there is little to no research as to how their daily and occupational stressors may affect their mental health. This study is aimed to analyze the stress of women in agriculture and the effects of stress on eating behaviors and subsequent health outcomes using the Three-Factor Eating Questionnaire and the Perceived Stress Scale.