

Here are 10 tips for eating right during exams:

1. **How do I eat smarter.** Iron and B vitamins are especially important to maintaining the physical and mental energy necessary to study well. Iron-containing foods include red meat, cereals and spinach; one good meal idea is chilli because it contains beef and kidney beans. Foods that contain B vitamins include whole-grains, eggs and nuts. Fish is another food that can boost your brain by providing the nutrients it needs.

2. **Chewable Vitamin C is not a meal.** Dietary supplements are good, but real food is better. An orange contains not only Vitamin C, but also fibre, beta carotene and other minerals — so it can't be replaced by a pill. When you're starting a revision session, have whole-food items like apples, bananas, clementines, carrot sticks or dried apricots available.

3. **Eat at regular intervals.** Eating regular meals helps keep nutrient and energy levels more stable, curbing the temptation of empty-calorie snacks and junk food.

4. **Big meals keep on turning ... in your stomach.** You might find that eating the standard three-big-meals-a-day slows you down mentally and physically. Consider 5 or 6 well-balanced, smaller meals, like toast spread with peanut butter, hummus or tuna, or a piece of cheese with fruit.

5. **Meet breakfast, your new study buddy.** While much is said about the reasons to eat breakfast, less known are the best ways to eat smart in the morning. Coffee and a donut just don't cut it. The idea is to get some protein, calcium, fibre and a piece of fruit or a vegetable in there. So, a bowl of cereal with milk and a piece of fruit would do the trick. Or try a cereal bar with milk.

6. **Going bananas? Good.** Fruit ranks high among the best foods you can eat for your brain. Blueberries are brilliant because they contain powerful antioxidants and other nutrients. The natural sugars in fruit offer clean energy, so you don't experience the crash that follows consumption of refined sugar.

7. **Choose powerful vegetables.** Not all vegetables are created equal. The darker the colour, the higher the concentration of nutrients. For example, spinach has more to offer the mind and body than iceberg lettuce. Other great vegetable choices include peppers, broccoli and sweet potatoes.

8. **Smart snacking can enhance studying.** Snack smart while studying and you may find that you retain more. Try to get two food groups into your snacks to balance the nutrients and keep your blood-sugar level stable. Some smart snack examples are banana with peanut butter or a small baked potato with cottage cheese.

9. **Gather simple recipes for nourishing foods.** It's easy to feed the brain well. No-fuss recipes let you eat to succeed, without taking too much time. Here are three ideas:

- Scrambled eggs with toast or cheese
- Chilli con carne
- A little chopping is all it takes to make a hearty Salad

10. **Stay well hydrated.** Choose your beverages well, though. Caffeine and sugar should be kept to a minimum. Better choices include water, fruit juice or milk.

Good luck!

Mrs Calder

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