

• STUDY SNACKS •

FOOD FOR THOUGHT

“Adequate nutrition can raise your productivity levels by 20 percent on average” -WHO.

Students who don't eat enough fruits, vegetables, and dairy tend to get lower grades than students who do meet dietary recommendations (National Center for Chronic Disease Prevention and Health Promotion).



VEGETABLES

The crunchiness keeps your mind alert and brain sharp.
(Carrots, broccoli, celery, peppers, leafy greens, snap peas)



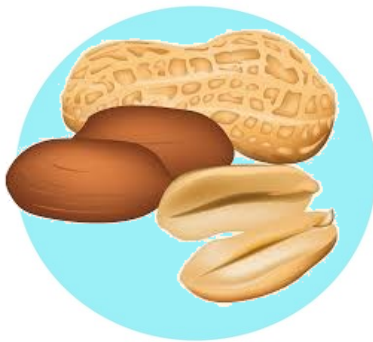
FRUITS

Antioxidants sustain concentration and help with managing stress of cancer, diabetes.
(Avocado, berries, apples, tomatoes, bananas, oranges)



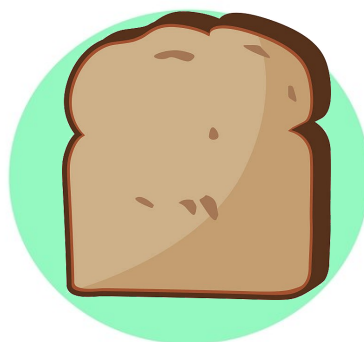
DAIRY

Consumption of dairy has been proven to protect from oxidative stress.
(Yogurt, milk, string cheese)



PROTEIN

Necessary to boost brain optimization and sustain energy levels.
(Almonds, nut butters, hummus, eggs, salmon, chicken breast, grass-fed beef)



GRAIN

Glucose is your body's main source of fuel. It prolongs your ability to concentrate and stay alert.
(Whole grain crackers and bread, quinoa, oatmeal)



WATER

Drinking water helps to increase thought and memory processes, increase focus, and alleviate anxiety which could improve exam grades by up to 10%.
(Pawson et al., 2013)

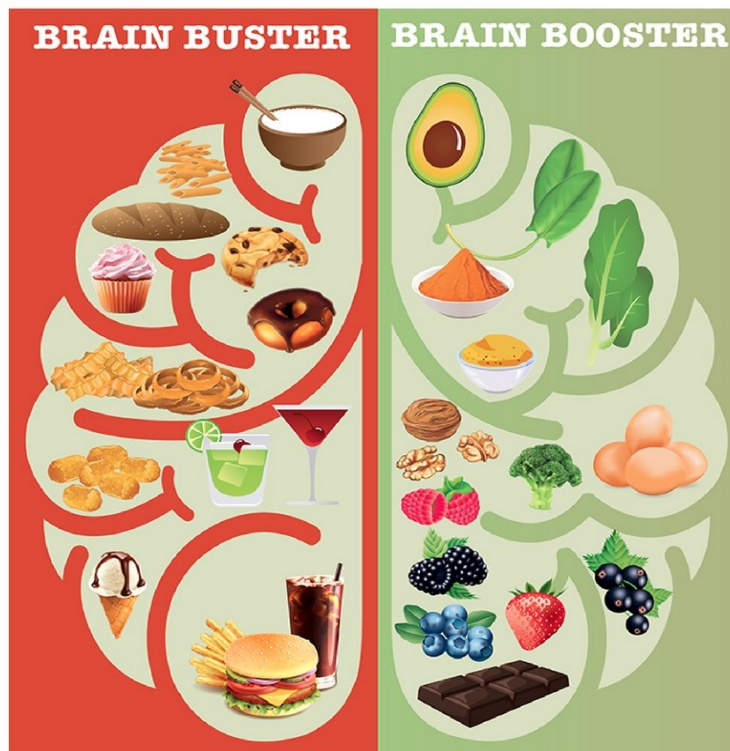


ALSO!

Dark chocolate (in moderation)
Chocolate has been shown to have a positive effect on learning, memory, and mood. Furthermore, it has been shown to inhibit neuronal cell death and support neuroplasticity too!

The more complex the carbohydrate, the better it is for brain function.

-Simple carbs
like candy, soft drinks and other processed foods will break down quickly into your bloodstream, giving you a sugar high, then a dramatic crash in energy levels.



-Complex carbs
like whole grains and vegetables on the other hand, will take longer to break down, giving you a longer lasting source of energy with no feeling of fatigue after.

REFERENCES

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