

Food For Thought - Study Snacks



How Your Diet Affects Your Grades

- **According to the CDC students with higher grades are more likely to:**
 - Eat breakfast all 7 days
 - Eat fruit or drink 100% juice one or more times a day
 - Eat vegetables one or more times a day
 - Not drink can, bottle, or glass soda/pop
- *Making the Connection: Dietary Behaviors and Academic Grades.* (2020, Dec 16). CDC. Retrieved Jan 12, 2021, from https://www.cdc.gov/healthyschools/health_and_academics/health_academics_dietary.htm

Ideas for Healthy Snacks



VEGETABLES

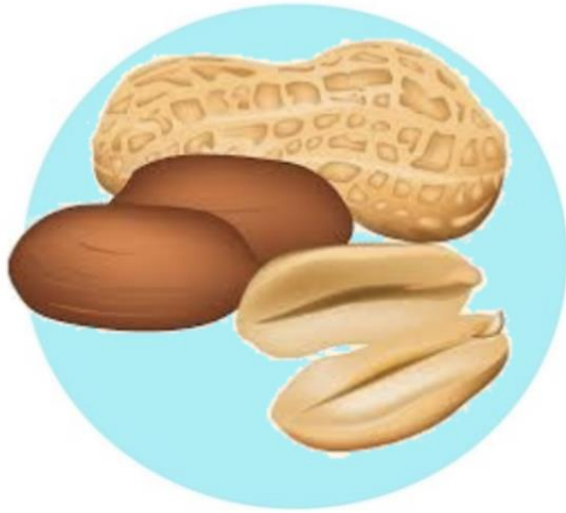


FRUITS

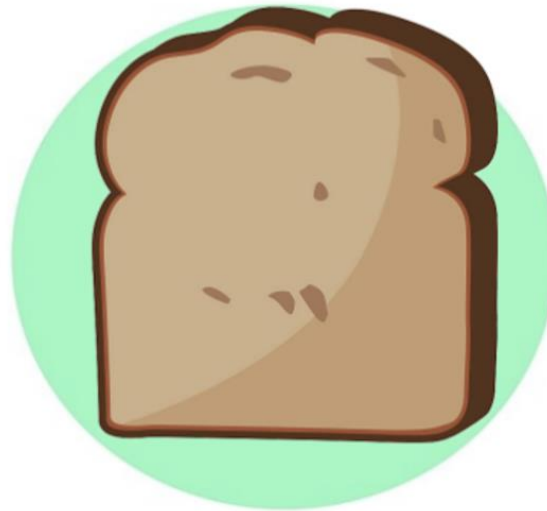


DAIRY

Additional Ideas for Healthy Snacks



PROTEIN

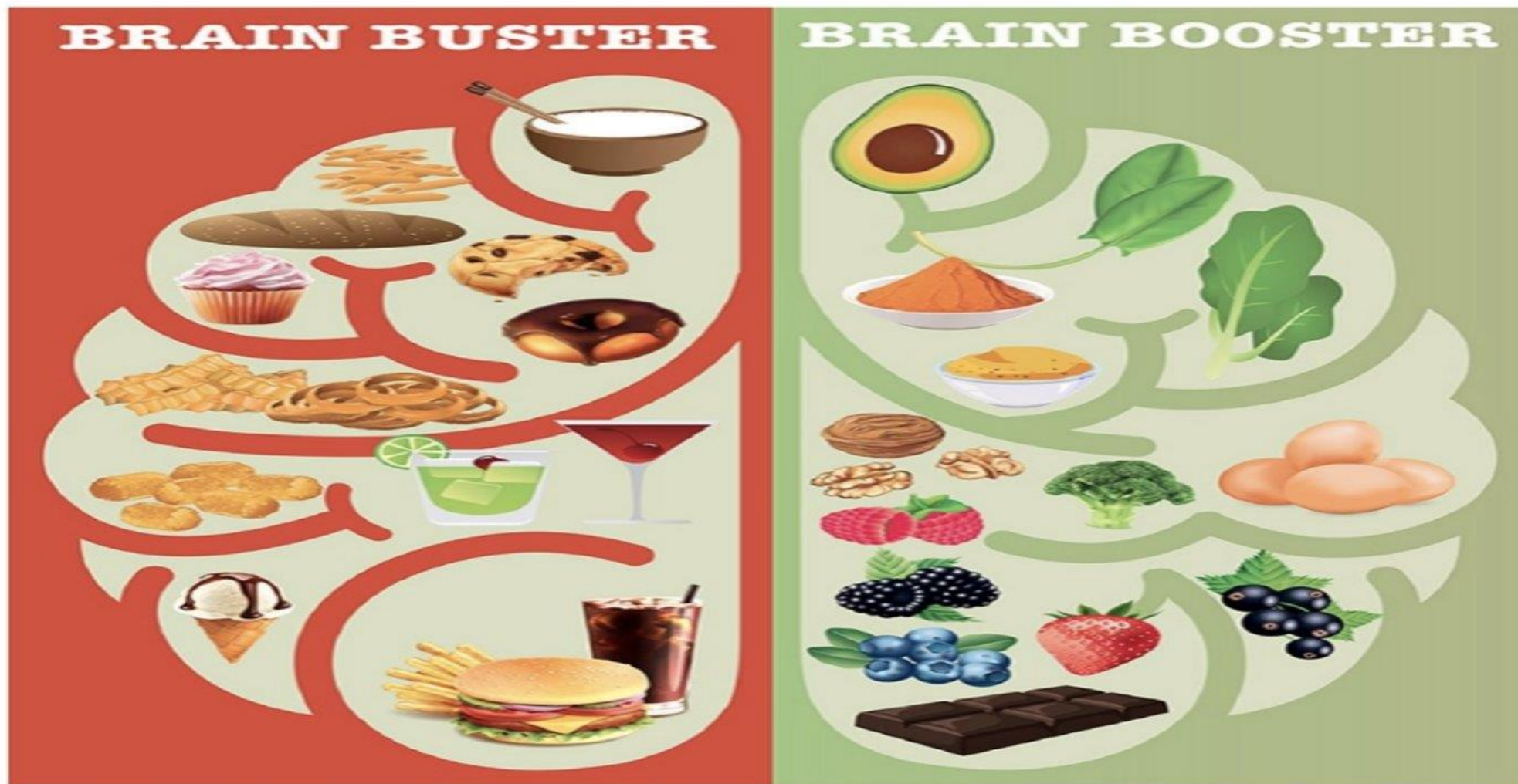


GRAIN



WATER

The more complex the carbohydrate, the better it is for your



References

- CDC. (n.d.). *Dietary Behaviors and Academic Grades | Healthy Schools* https://www.cdc.gov/healthyschools/health_and_academics/health_academics_dietary.htm
- Nehlig, A. (2013). The neuroprotective effects of cocoa flavanol and its influence on cognitive performance. *British Journal of Clinical Pharmacology*, 75(3), 716–727. <https://doi.org/10.1111/j.1365-2125.2012.04378.x>
- Pawson, C., Gardner, M., Doherty, S. J., Martin, L. E., Soares, R., & Edmonds, C. J. (2012). Drink availability is associated with enhanced examination performance in adults. *Psychology Teaching Review*, 19(1), 57–66. <http://files.eric.ed.gov/fulltext/EJ1013601.pdf>