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

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 brain.
References

CDC. (n.d.). *Dietary Behaviors and Academic Grades | Healthy Schools* [https://www.cdc.gov/healthyschools/health_and_academics/health_academics_dietary.htm](https://www.cdc.gov/healthyschools/health_and_academics/health_academics_dietary.htm)
