

## Brain Food for Exams

### Eat...

B Vitamins, antioxidants and Omega-3 fatty acids and other healthy fats will help promote **energy, immune system health, and concentration:**

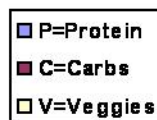
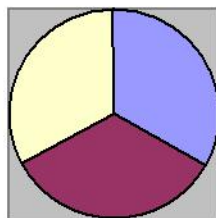
- Bananas (B vitamins)
- Almonds or natural peanut butter (healthy monounsaturated fats, B vitamins)
- Fruits and veggies (Antioxidants)
- Dark chocolate in moderation (Antioxidants)
- Green tea in moderation (Antioxidants)
- Tuna, salmon, walnuts (Omega-3 fatty acids)

**Complex carbohydrates** are better than sugars and white bread at sustaining energy for long periods of time. Try:

- Whole-grain crackers like Triscuits or whole grain cereals like oatmeal and Kashi GoLean (LaVerde's)
- Beans or sweet potatoes (Anna's Taqueria in the Student Center), lentils and brown rice (mujadara at Sepal Café in Lobdell)
- Brown rice (Steam Café in building 7)

### What should I eat the night before a test?

- Eat a "balanced plate" that also includes some healthy fats:



### What should I eat the day of the test?

- Eat a meal that includes protein and is low in sugar to keep from feeling hungry during your test, which promotes concentration and focus. Try eggs or eggwhites, or low-fat or fat-free cottage cheese with breakfast. For lunch, try a sandwich with lean protein like turkey, white meat chicken, lean ham, tofu, tuna or salmon.

### Drink...

Stress can cause a subtle form of dehydration - drink water while studying!