

Eating for better EXAM PERFORMANCE



1

Enjoy regular meals. Food is your brain's only energy source, so a consistently balanced diet is essential. The way you eat counts, too. Make time for a proper break: sit down, and eat away from your desk whenever possible.

2

Schedule 'pit stops' to grab healthy snacks that refuel your brain. These nutritious options are easy to prepare:

- a handful of nuts or a mixture of nuts and dried fruit
- low-fat yoghurt
- a bowl of cereal made with trim milk
- a banana or mandarin, or other fresh fruit
- a couple of pieces of sushi
- raisin toast with a little reduced-fat spread
- three to four rice cakes or crispbread with a little no-added-sugar-or-salt peanut butter or reduced-fat cheese
- a glass of hot trim milk with honey or Milo.

3

Drink at least eight glasses of fluid a day to stay hydrated and offset fatigue. Ideally, you should mostly drink water but you could mix it up with...

- herbal teas
- low-fat milk
- vegetable and fruit juices

4

Top up your levels of omega-3 fats. For better brain function and eye health, eat these kinds of oily fish at least twice a week:

- canned tuna
- fresh or canned salmon
- prawns and calamari

5

Include vitamin B-rich foods to help your brain and nervous system perform at their peak:

- vegetables
- beans, peas, lentils and other legumes
- yeast spread, such as Marmite
- whole grains
- wheatgerm

6

Eat these iron- and zinc-rich foods for sharper memory and concentration:

- lean red meat
- fish and seafood, especially oysters
- chicken
- nuts
- whole grains, including brown rice, grainy breads and wholegrain breakfast cereals.

