

# FEED YOUR BRAIN



## Rules to eat by at exam time

### #1 Hydrate

**Drink water.** Water is your best choice to satisfy thirst. It is like lubricant for all your vital body functions.

**Choose water or milk instead of sugary or caffeinated drinks.**

### #2 Beware of the Sugar Crash

**Satisfy your hunger with choices from the four Food Groups, rather than sweets.** Too much sugar = bad for brain. Sugar can cause a quick rise in blood sugar, followed by a quick drop that leaves you feeling hungry, tired and sluggish.

### #3 Breakfast.

**Eat some breakfast.** Food boosts your metabolism and gives fuel for your body and brain. The brain relies on blood sugar for fuel, so include carbohydrate-rich breakfast foods such as cereals or whole grain bread.

### #4 Power up on Protein (especially for breakfast)

**Try adding eggs, beans, nuts, seeds, or Greek yogurt to your breakfast or snacks.** Protein is vital for your brain cells to communicate with each other effectively.

### #5 Go Nuts

**Grab a handful of almonds, walnuts, or pumpkin seeds.** A little goes a long way. Nuts and seeds contain everything needed to form a new life. That is what makes them so nutritious. (Just remember to follow your School Anaphylaxis Policies)

### #6 Ziplock Bags

**Pack them full of sliced veggies, pieces of fruit, berries, whole grain cereals, air-popped corn or dried fruit.** You are more likely to eat well with healthy snacks on hand. Remember the healthier the food, the more effective your brain is at retaining information and the better you will perform come exam time.

### #7 Enjoy the Little Things

**Instead of eating three big meals a day, try eating six mini-meals to spread your food intake more evenly.** Large meals can drain your energy. Small mini-meals help you maintain your energy levels throughout the day. Take a study break and hunt for something healthy.

### #8 Hygiene

**Wash your hands before you prepare, handle or eat food.** Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.



Hamilton  
Public Health Services