



SHELLY'S TOP TIPS ON EATING WELL FOR EXAMS



BREAKFAST

Giving breakfast a miss will not work in your favours. You need this energy to keep you going through the morning and to keep your concentration levels up. Make sure to opt for:

- ~ Wholegrain varieties of cereals such as All Bran, Weetabix, Fruit n Fibre, Porridge oats or wholegrain bread.
- ~ Protein is great as it helps to keep us alert so 2 eggs (boiled, poached or scrambled) would be a great way to start off the day. Or you could try 100g cottage cheese to get your protein hit.
- ~ Probiotic yoghurt with a mix of fruit* (such as blueberries and raspberries) and seeds* (such as sunflower and pumpkin).

SNACKING

Snacking on foods that are nutritious and low glycaemic index* will help to provide a slow steady release of energy and nutrients. Make sure to opt for:

- ~ Fresh fruit.
- ~ Veggie sticks such as celery, carrots, peppers or a few cherry tomatoes.
- ~ Dried fruit and nut mix.
- ~ Seed and fruit mix.
- ~ Popcorn.
- ~ Probiotic Yoghurt (125g).
- ~ Cereal Bar with <10g fat/100g and <10g sugar/100g.

NOTES

Binge on blueberries

Evidence suggests that the consumption of blueberries may be effective in improving or delaying short term memory loss. These little wonder berries are also high in vitamin C shown to increase mental agility.

Munch on seeds

Just add a handful of pumpkin and sunflower seeds to get your recommended daily amount of zinc, vital for enhancing memory and thinking skills, and vitamin E is shown to prevent cognitive decline. It's a no brainer. Doh!

LUNCH

- ~ Bowl of soup with wholegrain bread.
- ~ Homemade salad to include foods such as salmon*, tuna, eggs, baby potatoes.
- ~ Wholegrain wrap or sandwich with meat or fish and veggies.
- ~ Include plenty of greens, particularly Broccoshoots*, spinach and broccoli.

Savour your SUPERGREENS

Brocco shoots and Broccoli are a great source of vitamin K, which is known to enhance cognitive function and improve brainpower.

Oily fish all the way

Try to have at least 2 portions of oily fish every week such as salmon, mackerel, trout, herring. If you are not a fan it might be worth considering a daily supplement of fish oil to include EPA and DHA.

DRINKS

Be sure to keep well hydrated and don't overdo it on the caffeine. One cup of coffee may make us more alert but going over board can actually disturb blood sugars causing us to lose concentration. Make sure to drink at least 2L of water every day.

Low Glycaemic Index

Like everything else in your body, the brain cannot work without energy. The ability to concentrate and focus comes from the adequate, steady supply of energy - in the form of glucose in our blood to the brain. Achieve this by choosing wholegrains with a low-GI, which releases glucose slowly into the bloodstream, keeping you mentally alert throughout the day. Opt for 'brown' cereals, wheatbran, granary bread, brown rice and pasta.



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