

## Breakfast - the most important meal of the day

Before your exams or when revising during the day remember that you need energy to keep you going. Oats and wholemeal cereals are the best way to not feel tired half way through an exam.

Try porridge and dried fruit, weetabix, shredded wheat or muesli, egg on wholemeal toast or a low sugar cereal bar.

Remember sugary foods will only give you a short energy boost not long enough to see you through an exam.



## Healthy Snacks

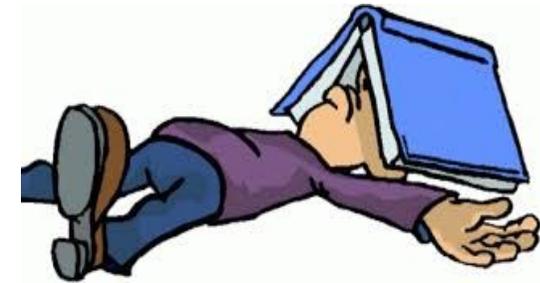
Fresh fruit, dried fruit, nuts, seeds, peanut butter or marmite on toast, rice cakes, yogurt, popcorn, raw vegetables.

Try to avoid high sugar snacks and eat snacks that will maintain stable blood sugars.

Why not try the nutty oat energy bars found at [http://www.bbc.co.uk/food/recipes/nutty\\_oat\\_energy\\_bars\\_48616](http://www.bbc.co.uk/food/recipes/nutty_oat_energy_bars_48616)



## Eating for exams



Stress can have an adverse effect on appetite, skipping meals won't do your concentration any good.

# Eat healthily during your exams—important for mental as well as physical health.

## Eat wholegrains

The ability to concentrate comes from a steady supply of energy. Foods which release glucose slowly such as whole grains which have a low GI (Glycemic indicator) will keep you mentally alert for longer. Choose brown cereals, whole-meal bread, granary bread or brown pasta. Potatoes, beans and pulses can also help.



## Eat oily fish

Essential fatty acids cannot be made by the body and must be obtained through diet. Omega 3 has been shown to help brain function and increase concentration. Oily fish contain the fish oils in ready made form so the body can use it immediately.



Good sources include salmon, trout, mackerel, herring, sardines, pilchards and kippers. Other good sources include soya bean oil, pumpkin seeds, walnut oil, soya beans and nuts.



## Eat more fruit and vegetables

**Blueberries** – very high in Vitamin C and some research has stated that they may be effective in improving or delaying short term memory loss

**Tomatoes** - there is good evidence to suggest that they include antioxidants which help prevent damage to brain cells. They are also very high in Vitamin C.

**Blackcurrants** - high levels of Vitamin C which has always been thought to have the power to increase mental ability. They will help fight infections during the exam season.

**Broccoli** - a good source of Vitamin K which is known to enhance cognitive function and improve brainpower.