

My top 10 foods

Blueberry's and purple berries

Contain high levels of antioxidants and flavonoids which improves memory and learning whilst protecting from stress.

Citrus fruits

Contain high levels of Vitamin C which helps to manage stress and anxiety.

Tomatoes

A handful of cherry tomatoes contain the antioxidant lycopene which promotes optimum brain function.

Walnuts and almonds

Have lots of omega 3 & 6, as well as vitamins which have brain-health benefits.

Pumpkin and sunflower seeds

Are rich in minerals and vitamins to enhance memory and boost mood.

Avocados

These green powerhouses are a source of monounsaturated "good" fats.

Leafy greens

Iron deficiency can cause tiredness and brain fog, and up to half of all teenage girls may be lacking in it, so stock up on dark leafy greens such as spinach, kale and watercress.

Broccoli

Broccoli in particular is high in vitamin K which is thought to enhance cognitive function and improve brain power.

Oily fish- salmon, mackerel and trout

Are high in omega 3 which is used to build brain & nerve cells.

Eggs

Are high in protein which keeps you fuller for longer.



Why not try making a quick healthy snack?

Brownie Bites



For more go to:
MidCheshireNHS

Ingredients:

3/4 cup of Walnuts 12 Medjool dates
1/4 cup of Cocoa powder 1/4 cup of Rolled oats

Method

Blitz the oats and walnuts in a food processor until they resemble breadcrumbs

Then add the dates and cocoa to the processor and blitz again until a ball of mixture forms

Roll the mixture into 20 balls, place them in an airtight container and store them in the fridge for a short time. Eat and enjoy!



Exam

Nutrition Tips



Hi, my name is Emma and I am currently a year 12 student and NHS youth ambassador.

In 2017 I opened my brown envelope on results day to find three 9's and eight A*, and whilst I wasn't the cleverest in my classes I ate well, drank well, slept well and revised lots. So I wanted to share how, whilst training your mind, you can't neglect your body and how looking after it can grow your grades.

Don't skip meals

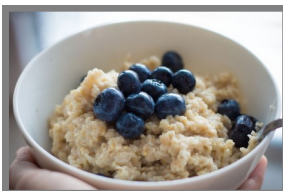
Your brain needs energy in order to work efficiently which can only be gained through food. During an exam you need to be solely focused on the questions. You don't want to be that person with a mountain lion roaring in your tummy distracting everyone! The ability to concentrate comes from the supply of energy in the blood, which if you have been revising your science you know comes from glucose and your brain uses more energy than any other human organ!



Do eat breakfast

If you can't face eating when you get up take some food with you e.g. a banana or a fruit smoothie and try to eat something within 2 hours of getting up to power your morning activities.

Slow release carbohydrates are great for this, especially wholegrains, e.g. rolled oat porridge, whole grain toast or low sugar muesli which are quick to prepare -if you are unsure always opt for "brown".



Don't overeat

If you are stressed you might be tempted to overeat before an exam which will make you feel drowsy, heavy and nauseous as your body's energy will be focused on digesting all that food. Definitely don't eat 10 breakfast pastries in your pre-exam study session at school, even if they are all free!



Don't be a sugar slave

Everyone loves a sweet snack, however this sugar high is followed by a crash, which destabilizes you during a long exam so ditch the chocolate, desserts and sweets.



Try fruits and veggies instead



Fruit has natural sugars which are digested differently to refined white sugar and vegetables contain large amounts of fibre. This slows digestion, causing energy to be released more slowly preventing peaks and troughs. Find some that you love and eat lots of them. They're good for your insides but will also make you look amazing for prom!

Smart snacking

If you choose your snacks well it can be a healthy way to reward yourself whilst studying.

Swap sugary cereal bars for nuts and seeds (pumpkin, sunflower or on trend chia) which are packed with protein helping you to feel fuller for longer.

Instead of high fat and salty crisps which are low in fibre making you feel hungry again quickly, try delicious popcorn which is a high fibre wholegrain and contains less calories.



Do stay hydrated

Dehydration leads to tiredness, poor concentration, headaches and dizziness, which is not going to allow you to achieve your best. You should drink up to 2 litres every day & even though all fluids count, water is your "best friend".



If you can take a bottle of water into the exam with you to sip, but don't drink it all in one go when you go in, as you might waste precious exam time running to the loo!

Avoid energy drinks



These drinks contain high levels of sugar & caffeine, which can increase nervousness and stop a restful nights sleep.

Sleep

Not getting enough sleep affects the memory and slows the brain's responses, so the night before an exam stop revising in the early evening, make sure you have prepared everything for the next day and try your best to relax.

Experts believe that memory neurons which convert short term memories into long term memories actually work best when you are asleep, so you may actually wake up smarter after a good night's sleep.



Don't try new foods or herbal tablets

You don't know how your body will react to something new so best not to find out during exam season.

