

# Brain Foods for Studying and Taking Exams

Healthy food choices on exam day is important as their brain will need the energy from food to work efficiently. Eating the right foods before studying or taking an exam can help keep them focused, alert and energized. Here are some healthy food choices that can help boost your learning experience.

- ◆ Eggs
- ◆ Yogurt
- ◆ Peanut Butter
- ◆ Cottage Cheese
- ◆ String Cheese
- ◆ Milk, low fat
- ◆ Nuts and Seeds
- ◆ Whole Grain Toast
- ◆ Beans
- ◆ Legumes
- ◆ Fresh Fruit
- ◆ Blueberries/Berries
- ◆ Carrot Sticks with Hummus
- ◆ Apples
- ◆ Dark Chocolate
- ◆ Avocado
- ◆ Tomatoes
- ◆ Dark and leafy greens
- ◆ Salmon

Different variety of Berries have flavonoids, which help to improve memory, learning and decision making.



Walnuts, almond, peanuts and seeds are brain foods that can improve your ability to learn and remember.

Dark chocolate helps stimulate blood flow to the brain to aid memory, attention span, reaction time, and problem solving. Dark chocolate contains a little caffeine just enough to boost memory and concentration but not enough to make you feel wired.



Studies show eating **bananas** help students learn more efficiently and improve **exam** scores. They also contain vitamin B6, which promotes the production of serotonin, norepinephrine and dopamine to support concentration.



Stay Hydrated:

Drink plenty of water or other healthy fluids while studying and during exams. Dehydration can diminish your memory, attention and other cognitive skills. Even mild dehydration affects concentration and alertness.

