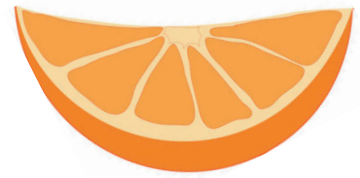


6 Tips for Healthy Eating During Exams

from Jeanne Molloy, R.D.



- 1 Eat at Regular Intervals – eating breakfast, lunch and dinner with some healthy snacks in-between keeps nutrient and energy levels more stable, curbing the temptation of empty-calorie snacks from the vending machine.
- 2 Choose Powerful Vegetables – Not all vegetables are created equal. The darker the color, the higher the concentration of nutrients. For example, spinach has more to offer the mind and body than iceberg lettuce.
- 3 Keep Fruit on Hand – Fruit ranks high among the best foods you can eat for your brain. The natural sugars in fruit offer clean energy, so you don't experience the crash that follows the consumption of refined sugar.
- 4 Smart Snacking can enhance Studying – You may find you retain more when you snack smart. Snacking is a good way to get more fruits, vegetables and dairy into your diet. Combine protein with fiber-rich carbohydrate to balance the nutrients and keep your blood-sugar level stable.

Try: Peanut butter and banana
Yogurt with low fat granola
Hummus and veggies
Low fat cheese on whole grain crackers
- 5 Stay well hydrated – Water keeps your body running smoothly and helps metabolize stress hormones. Since caffeine can leave you jittery, try to drink moderate amounts of caffeine (400-450mg/day). Better choices are water, fruit juices, milk and anti-oxidant rich green tea.
- 6 Balance the mind and the body – During these stress charged days be sure to get enough sleep and exercise. Both will leave you more refreshed to optimize your study time.