

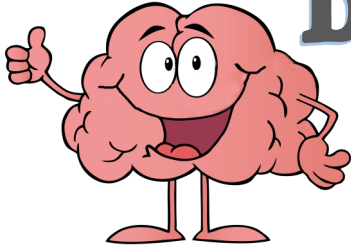
# S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Nutrition Connection in the Center for Health and Well-Being

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## Brain Food For Finals



### Brain Food to Prioritize this Finals Season<sup>2</sup>

#### Berries



Berries contain tons of antioxidants which protect your brain from inflammation & support memory!



#### Eggs

They are considered “nature’s multi-vitamin”. As far as brain health, they include B12 which helps brain function and lutein improving mental clarity.



#### Dark Chocolate/Cocoa

Dark chocolate is delicious and nutritious. The flavonoids in the delicious treat help combat mental fatigue and boost mental reaction.



#### Nuts

Nuts provide healthy fat, protein, vitamin E, and zinc. Their brain support is apparent in many studies involving interpretation and reaction time in tests.



#### Citrus

Perhaps grab an orange on your way to the library because citrus fruits promote learning and memory.



#### Avocados

They are an easy fruit to incorporate and also excellent sources of lutein for a good brain boost.

#### Red, Orange, Green



#### Veggies

Veggies in general are helpful but what is better is a variety of color. The compounds that create color are great supporters of memory, mental function, and ability.

### High-stress times call for high-quality food<sup>3</sup>

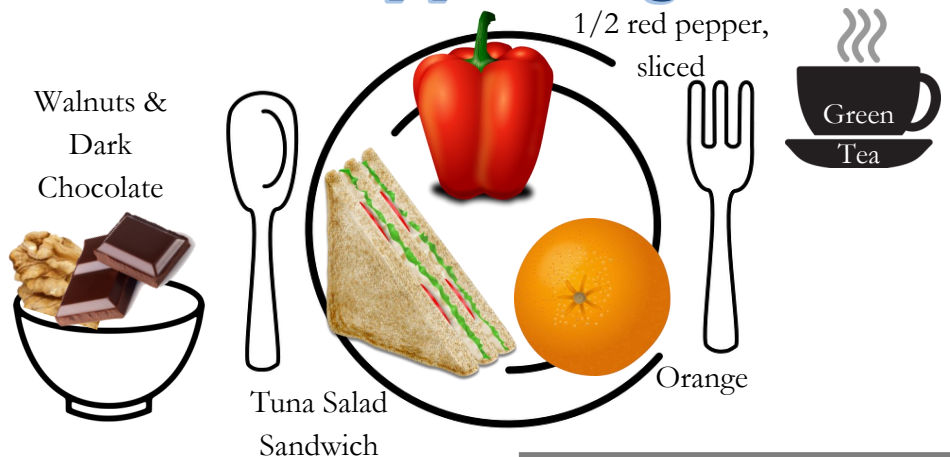
What if your academic achievements are reflective of your dietary pattern and habits? Would this give you more confidence as we approach finals or less? Studies have found a **significant connection between dietary intakes and academic achievements** mostly recorded as GPAs.<sup>1</sup> If you find that you are nervous hearing that your diet habits are closely linked to your academic achievement, the good news is that you can easily fuel differently for better brain support to study hard and ace your finals.

### Breakfast! To Eat OR Not to Eat

If your big final exam, the one you have been worried about all year, is first thing in the morning the big question is to eat or not to eat breakfast. Your stomach may be so queasy from nerves that you learn toward not eating! However, be cautious of this decision because many studies looked at the success of college-aged students and found that eating breakfast or any meal before a test brought about better test scores than without breakfast.<sup>1</sup>

In breakfast, aim to combine fat, carbohydrate, and protein into one meal. This can look like eating a hard boiled egg (protein and fat) paired with your favorite piece of fruit (perhaps berries for additional brain power).<sup>3</sup>

## Brain Supporting Meal



#### Brain Fuel Trail Mix

- 1 cup of walnuts
- 1 cup of almonds
- 1/2 cup pumpkin seeds
- 1/2 cup dried fruit (blueberries, raisins, cran-raisins, apricots)
- 1 cup dark chocolate chips

Make up this super easy brain fueling snack to eat while you are studying or even for an extra brain boost as you walk to your final!

*The beauty of trail mix is that you can add anything you want or like in any ratio you like. It is easy to formulate to your liking!*

Dump all the ingredients in a container or bag, shake, and off you go!

#### References:

- Burrows TL, Whatmall MC, Patterson AJ, Hutchesson MJ. Associations between dietary intake and academic achievement in college students: a systematic review. *Healthcare (Basel)*. Dec 2017; 5(4):60.
- Kubala J & Tinsley G. The top 9 brain foods for studying and exams. *Healthline Website*. <https://www.healthline.com/nutrition/brain-food-for-studying>. Published Oct 2020. Accessed Nov 2023.

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