Exam Nutrition Tips

What you eat can affect your exam performance.

Make sure to eat even if you normally skip breakfast or avoid eating when you are nervous, you should still make the time to eat something.

Eat brain-boosting food – this includes protein rich foods which can lead to greater mental alertness.

These include

eggs, chicken, fish, nuts, yogurt, and cottage cheese.

Good breakfast combinations might be

wholegrain cereal with low-fat milk, eggs and toast or bagels with jam, porridge or sugar-free muesli.

Other dietary choices considered to be brain foods are

fish, walnuts, blueberries, sunflower seed, flaxseed, dried fruits, figs, and prunes.

Many consider fruit to provide excellent brain fuel, you can try

melon, oranges, strawberries, blueberries or bananas.

In terms of vegetables good choices are

raw carrot, bell peppers, Brussel sprouts, spinach, broccoli and asparagus

Avoid brain blocking foods – stay away from foods made of white flour, such as

cookies, cakes and muffins.

Also avoid foods that are high in refined sugar such as.

chocolates, desserts and candies

Carbohydrates when eaten alone make you feel more relaxed than alert, so carbs are a good option for the day before the exam, but not on the actual exam day.

In addition, carbs such as rice or potatoes, eaten in large quantities, can make you feel heavy and sleepy.

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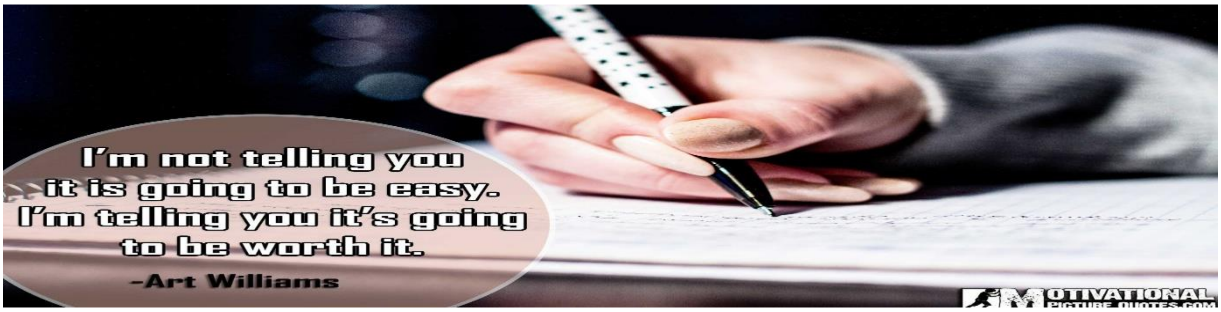
Drink brain boosting beverages - Make sure you drink enough water before and during your exam. Tea also works, though without a lot of sugar. Dehydration can make you lose your concentration, feel faint, and sap your energy. Don't wait until you are thirsty to drink a glass of water. If you wait till you are thirsty it means your body is already a little dehydrated.

Avoid sugary sodas and colas and avoid too much caffeine as it can increase your nervousness.

For a healthy snack try Popcorn as this can be more filling than a packet of crisps.


I'm not telling you
it is going to be easy.
I'm telling you it's going
to be worth it.
-Art Williams
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Remember to relax and do your best

GOOD LUCK