

Always Eat Right Food During Exams

Good nutrition should be an essential part of your study plan.

The better you fuel your brain, the better your brain will function.

Here are the tips for eating right during exams

1. Eat smart

Vitamins and Iron are especially important to maintain the physical and mental energy necessary to study well.

Iron-containing foods include red meat, cereals and spinach;

Foods that contain B vitamins include whole-grains, wheat germ, eggs and nuts.

2. Type of Breakfast

A bowl of cereal with milk and a piece of fruit would do the trick.

Try a cereal bar with milk.

Get some protein, calcium, fibre and a piece of fruit or a vegetable

3. Eat at regular intervals

Eating Meals at regular intervals helps keep nutrient and energy levels more stable.

4. Go on with fruit

Try apples, bananas, carrot sticks or dried apricots

Take fruits which contain powerful antioxidants and other nutrients.

An orange contains not only Vitamin C, but fibre and other minerals also.

The sugar present in fruits tender fresh energy because its natural.

5. Avoid Big meals

Eating the standard three-big-meals-a-day during exams will slow you down mentally and physically.

Consider 5 or 6 well-balanced less quantity meals containing fruits and juices.

6. Go for the Nuts But in limit

Beans, nuts, nut butters, peas, and soy products are good sources of protein, fibre, vitamins, and minerals.

Many of the foods in this group provide iron, which is better absorbed when a source of vitamin C is consumed with the meal

7. Eat enough calories but not too many

Maintain a balance between your calorie intake and calorie spending—that is, don't eat more food than your body uses.

8. Drink more and more water

Our bodies are about 75% water. It is a vital part of a healthy diet. Water helps flush our systems.

Take fruit juice, milk, and anti-oxidant-rich Liquids.