

NUTRITION

FUELING YOUR BODY DURING EXAM SEASON



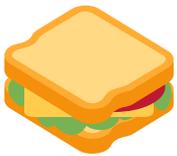
WHY IS NUTRITION IMPORTANT?

Exam season is like a mental marathon where endurance is critical. Nutritious foods will energize your brain and keep you properly fueled. Poor food choices can leave you feeling sluggish when it's time for your exam.



EAT BREAKFAST

Eat breakfast within 2 hours of waking up to kick start your day and help you stay focused. Even something small like a piece of fruit or a smoothie is a good way to start your day.



HAVE LIGHTER MEALS

Eat small, nutrient-dense meals including 3-4 food groups. Large and heavy meals may leave you feeling sluggish and tired afterwards.



STAY HYDRATED

Carry a water bottle around to remind you to take regular sips. Staying hydrated helps you think clearly. Limit your intake of caffeine-rich drinks (ex: coffee, energy drinks) as too much can make you restless and irritable.



SNACK SMART

Have small snacks between meals with 2 or more food groups to keep you full for longer and keep your energy levels consistent.



AVOID MINDLESS MUNCHING

Keep your snacks in the kitchen instead of at your study spot. When you feel hungry, take a study break and grab a snack.

QUICK AND HEALTHY RECIPES

BANANA BERRY WAKE-UP SHAKE



Ingredients (Makes 2 servings):

- 1 banana
- 1 cup fresh or frozen berries
- 1 cup milk or vanilla-flavored soy beverage
- 3/4 cup lower-fat yogurt

Directions: Blend fruit with a small amount of the milk. Add remaining milk and yogurt; blend until smooth.

ALMOND BUTTER SPICED APPLE



Ingredients (Makes 1 serving):

- 1 apple
- 1 tbsp. almond butter
- 1/4 tsp. ground cinnamon
- pinch nutmeg

Directions: Cut apple in half and remove core. Spread each half with almond butter and sprinkle with cinnamon and nutmeg

NO-BAKE TRAIL MIX



Ingredients (Makes 12 - 1/2 cup servings):

- 4 cups shreddies-type cereal
- 1 tsp. ground cinnamon
- 1 1/2 cup chopped mixed dried fruit
- 1/2 cup whole almonds, toasted
- 1 cup shredded coconut (optional)

Directions: Combine ingredients in a large bowl.

MONTEREY JACK AND EGG PITA POCKETS



Ingredients (Makes 4 servings):

- 1/2 cup pizza sauce, no salt added
- 4 eggs scrambled
- 2 1/2 cups your choice of vegetables
- 6 oz. Monterey Jack cheese, grated
- 12-15 whole wheat mini-pitas, cut in half

Directions: Mix pizza sauce, eggs, vegetables and Monterey Jack. Stuff pita halves with mixture.

Find more recipes at cookspiration.com