**Boost your brainpower for final exams**

Proper nutrition is key to acing your finals this semester! Certain foods can fuel your mind—helping your memory and attention span. If you want to perform your best for a big exam, keep these tips in mind.

1. **Eat a BALANCED meal or snack before the exam.** Aim to fuel your body every 3-5 hours during your long study days. Balanced meals consisting of both carbohydrates and protein are best for keeping you energized and stabilizing your blood sugar levels. Limit sweet treats and simple sugars as they can spike and crash blood sugar. For example:
   - Scrambled eggs with whole wheat toast and a glass of 100% orange juice
   - Yogurt sprinkled with slivered almonds, granola and berries
   - Whole wheat wrap with turkey, cheese, lettuce and tomato with an apple slices

2. **Schedule active breaks.** Exercise helps reduce stress because it triggers the release of “feel good” hormones and increases blood flow to the brain. To avoid hitting a wall during your study session, plan breaks to go for a walk or engage in your favorite form of physical activity. Exercise is a natural energy booster!

3. **Catch some Zzzzz’s to get A’s.** Get at least 8 hours of sleep the night before exams. Sleep deprivation affects your mood, energy level, ability to focus, concentration levels, ability to learn. As a result, this directly hinders your academic performance. Skip the all night study session and hit the pillow!

4. **Be mindful with caffeine.** Caffeine is a stimulant that temporarily boosts alertness, focus and concentration. If you are sensitive to caffeine or consume too much, potential side effects include anxiety, heart palpitations, nausea, heart burn, gastrointestinal distress and insomnia. These may interfere with your ability to study so be sure to use in moderation and hydrate!

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CREATE A HEALTHIER PLATE

The MyPlate tool illustrates the five food groups that are the building blocks for a healthy diet. Follow the guidelines below to help create a healthier diet pattern now and in the future. Start with small changes to make healthier choices you can enjoy.

- Find your healthy eating style
- Choose food and beverages with less sodium, saturated fat and added sugars
- Focus on variety, amount and nutrient density
- Make half your plate fruit and vegetables
- Focus on whole fruits
- Vary your veggies
- Make half your grains whole grains
- Move to low fat or fat free milk or yogurt
- Vary your protein routine
- Drink water instead of sugary drinks
- Everything you eat and drink matters

ChooseMyPlate.gov

Limit

Happy Holidays!

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