Don’t forget about Hydration!

Stress can cause a subtle form of dehydration—drinking water while studying is an important way to keep your focus.

Gatorades and sports drinks are only needed for vigorous activity or to rehydrate on a very hot day.
Be Mindful of The Following Nutrients

B Vitamins, antioxidants, healthy fats such as Omega-3 fatty acids and other macro and micronutrients will help give you energy, while improving your immune function, and concentration.

Foods that will Fuel Your Brain:

- **Bananas** (B-Vitamins) & other **Fruit and vegetables** (Antioxidants)
- **Nuts, seeds, and Natural Nut Butters** (Healthy Fats and B-Vitamins)
- **Fatty fish such as Tuna and Salmon** (Omega-3 fatty acids) & other Lean Protein (High-satiety food that will hold your focus)
- **Complex Carbohydrates**, such as whole grains, brown rice, and quinoa, are better than sugars and white bread at sustaining energy for long periods of time. **Tip**: Try adding oatmeal or whole grain toast with peanut butter at breakfast to keep you fueled throughout the day.
- **Dark chocolate** in moderation (Antioxidants) & **Green tea** in moderation

Foods that will Slow you Down:

- **Soda** and **Alcohol** can contribute to a lot of “empty calories”
- Anything with **trans fats** (trans fatty acids, partially hydrogenated fat). This is the artificial fat found in:
  - Oreos
  - Little Debbie
  - Hostess cookies and pastries
  - Most store bought cookies, crackers and donuts
  - French fries and fast foods
  - Chips
  - Ice Creams
  - Sugary Cereals
  - Muffins
- **Caffeine in excess** (Too much will dehydrate you and slow down your thinking process)

Always Everything in Moderation