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4 Tips for Healthy Eating During Exams

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As the **exam period** approaches and with it an increase in effort and focus, how can we increase our chances of staying focused on our studies AND maintaining a healthy diet? Read on for our tips and find out more…

1. Eat Breakfast!

Breakfast is the most important meal of the day, so don't skip it! Lack of concentration, lack of exercise, a poor diet and lower exam results have all been linked to a lack of

breakfast. Studies have also shown that people who skip breakfast are at greater risk of developing chronic diseases such as diabetes.

What does a nutritious **breakfast** look like? A nutritious breakfast contains all the major food groups including; grains (like whole wheat bread and whole grains) low-fat proteins like milk, yogurt and eggs, as well as fruit and vegetables.

Consuming cakes, pastries, and sugary cereals and drinks for breakfast is not recommended because these foods trigger a sharp increase in blood sugar, followed by a 'crash' which leads to decreased concentration and sudden hunger.

2. Prepare Your Meals in Advance

Save time by preparing your meals in advance. That way, you don't waste study time in preparing food.

3. Avoid Fasting During Classes

Fasting leads to a drop in blood sugar levels, which may lead to feelings of dizziness, tiredness and an inability to concentrate. This stems from a drop in the body's consumption of fatty acids as an energy source, which may lead to feelings of stress and increased appetite. This makes it difficult for you to perform at your best during classes.

4. Eat Nutritious Food

Make sure all your meals are balanced and filling so that you can focus on your exam preparation without being distracted by hunger and thoughts of food. Your meals should include carbohydrates (preferably high fiber) as well as protein and healthy fats.

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