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You should know the best foods to eat before and during an exam and get some brain-boosting power snacks to take with you to keep your mind focused and sharp during the test. Did you know that eating certain food can improve your exam results? Eating the right foods, they advise, and drinking the right drinks can boost your brainpower and energy to sustain you through long exams. On the other hand, the wrong diet can leave you feeling burnt out at a critical time. Be you a student or parent of one; you should know these brief and simple dietary tips to give you the edge in the finals. Foods To Nourish And Boost Your Brain

Antioxidants from blueberries, peppers, citris fruits

Avocados

Complex carbs e.g. oatsearcrough grapes

Dark chocolate

Eggs

Green leafy vegetables

Green Tea

Fermented foods e.g. yogurt

Nuts, particularly walnuts

Pumpkin seeds

Sage

Salmon

Turmeric

Water

Cookies

Cakes

Muffins

Milk chocolates

Desserts

Sweets

High carb foods

Deep-fried and junk food

Sugary and sweetened beverages

Try to stick to complex carbs in balanced meals the day before the exam, and you must avoid sugars on the big day itself; sugar rush at the wrong time, and your brain will go to sleep. Green Tea has been shown to encourage the production of dopamine, which aids in a positive mental state. Complex carbs like oats are the best sugars to boost your brainpower. They do not have the same roller-coaster effect that simple sugars do. This is because the starch molecules are larger, so they take longer to be broken down in the intestine. This gives your body a slower and more gradual release of energy rather than the rush, then a big drop, that simple sugar gives you. Oats will satisfy your hunger, avoid a mid-morning crash, and provide healthy fuel for your brain.

Oatmeal products are varied and readily available. Steel-cut oats are the best oats for porridge because these are not processed as much as some others. Walnuts are a nutrient-dense food that provides a rich source of fats, proteins, and antioxidants. Composing approximately 20% protein and 65% omega 3 fats, each walnut is an excellent addition to a healthy diet. The high content of vitamin E in walnuts helps combat the detrimental effects of free radicals on the brain, potentially reducing the risk of neurodegenerative diseases such as Alzheimer's. Furthermore, walnut consumption has been associated with improved serotonin levels, contributing to enhanced mental well-being and happiness. Looking forward to trying all the new foods listed here and seeing how they can improve my focus and productivity for upcoming exams and projects. ===== The key element mentioned in the article is epicatechin, a type of antioxidant found in cocoa that enhances cognitive function. Additionally, flavonoids present in cocoa contribute to improved cardiovascular health by enhancing blood flow to the brain. Gordon Shepherd from Yale School of Medicine suggests that moderate wine consumption stimulates more brain activity than any other activity due to the sensory experience of swirling wine around in your mouth. This can be beneficial for mature students looking to boost their focus and mental clarity. Beets are another crucial food item rich in nitrates and antioxidants, which help improve cognitive function and increase energy levels naturally. Eating beets before exams can aid in clear thinking and attention span. The best way to incorporate beets into your diet is by adding them to smoothies with other powdered superfoods. Avocados are also a valuable source of monounsaturated fats, which maintain stable blood sugar levels and promote overall health. They are rich in folate and vitamin K, improving cognitive functions such as memory and concentration. Avocados can be easily incorporated into your diet through various methods like eating them raw or using them as a spread. Broccoli is an excellent source of fiber, vitamin C, and choline and vitamin K, making it beneficial for memory, focus, and overall well-being. Adding broccoli to stir-fries or creamy potatoes can enhance its nutritional value. Blueberries top the list as one of the most nutritious superfoods due to their high antioxidant content. Consuming blueberries before exams can improve memory, numerical skills, decision-making, and comprehension. These small berries are also easy to consume and provide a boost to cognitive function. Beans and legumes are rich in complex carbohydrates, vitamins, minerals, protein, and fiber. They offer a slow and steady energy release throughout the day, making them an ideal snack for students. Legumes, such as chickpeas, are also excellent sources of iron, which is essential for maintaining good mental health. ======

furthance of cognitive abilities. The findings suggest that consuming concord grape juice can have a positive impact on brain function, particularly in elderly individuals experiencing cognitive decline. Consuming grapes, including concord grapes, has been shown to possess anti-inflammatory properties and aid in pain relief due to their high antioxidant content. Incorporating these foods into one's diet is simple: consuming them whole or blending them into smoothies. Seeds, specifically pumpkin seeds, are an excellent source of omega-3 fatty acids and magnesium, both of which play a significant role in brain function and mood regulation. Pumpkin seeds also contain zinc, a crucial element for brain health. The practice of fermentation has been practiced globally for generations and is gaining popularity due to its reported benefits on digestion and the gut-brain axis. As research into these foods continues, their potential benefits to cognitive function are becoming increasingly evident. One such food is Turmeric, which contains curcumin, a compound with potent anti-inflammatory and antioxidant properties. Studies have shown that curcumin can enter the brain and benefit memory and cognitive function. Turmeric has been found to have several brain-boosting effects, including: Improving memory Elevating mood Boosting dopamine and serotonin levels Helping to grow new brain cells In addition to Turmeric, other fermented foods such as kimchi, sauerkraut, and kefir can be incorporated into one's diet to support cognitive health. Adequate hydration is essential for maintaining concentration and focus. Even mild dehydration can lead to fatigue and decreased alertness, making it challenging to perform at peak levels. Incorporating brain-boosting foods into one's diet before an exam can help mitigate the effects of fatigue and improve mental clarity. Consuming a high-protein smoothie or shake in the morning can provide the necessary energy for optimal focus throughout the day. Overall, incorporating fermented foods, seeds, and nutrient-rich beverages into one's diet can have a significant impact on cognitive function and overall well-being.

Looking forward to seeing everyone at the meeting tomorrow and discussing our strategies. =====

==== A good breakfast for the exam can include wholegrain cereals, oatmeal porridge, or eggs on toast, but it is also recommended to have nuts, seeds, walnuts, and dried fruits. You could try combining your favorite foods with protein-rich options like oranges, strawberries, bananas, carrots, spinach, and asparagus. Be sure not to eat the following foods that can affect your brain: white flour products such as muffins, cakes, and cookies, and high-sugar foods like milk chocolate, candies, and sweet desserts. Some of the worst foods for your brain are sugary products, donuts and pastry, junk food, processed and pre-cooked foods, deep-fried foods, artificial sweeteners, refined carbs, and foods high in salt (sodium). It is also believed that eating turkey before an exam can make you feel sleepy due to its L-Tryptophan content. However, this may be more related to the combination of simple carbs with the turkey rather than the turkey itself. It's recommended to drink plenty of fluids before and during your exam, such as water or Matcha Green Tea without sugar. Avoiding dehydration can make you feel weak, faint, and lose concentration. On the other hand, some beverages can block your brain, such as alcohol, sugary drinks, and high-caffeine drinks. If you normally drink coffee in the morning, it's okay to stick with it but be mindful of the strength and quantity. To avoid discomfort during your exam, eat something light like a salad before starting, and try not to eat anything new or exotic that may cause gas. Taking multivitamins can also help. Smart snacking is key to exam success, expert advice reveals =====

===== students often neglect their diets leading to nutrient deficiencies that can negatively impact performance during exams. taking multivitamins can help boost brain power and memory. when faced with multiple exams in one day, it's essential to fuel your brain with healthy snacks between segments. a good night's sleep is also crucial for mental endurance and focus. some popular healthy snack options include dried fruit, high-fiber bars, nuts, and seeds. fruits like apples and bananas provide sustained energy, while nuts and seeds keep you feeling full for longer. bringing these snacks to the exam can help maintain focus and sharpness during the test. getting enough rest before the exam is also vital for optimal performance. many students struggle with sleeping before an exam, but it's essential to get a good night's sleep to perform well. eating the right foods and drinks can boost brainpower and energy levels, while a poor diet can leave you feeling burnt out. students should prioritize their nutrition strategy to maximize their chances of success in exams and assessments.

Looking forward to seeing everyone at the meeting tomorrow and discuss our strategies regarding diet and nutrition during finals period. Cheat Sheet - Foods To Nourish And Boost Your Brain

Antioxidants (from blueberries, pepers, citrus fruits)

Avocados

Complex carbs e.g. oatmeal

Concord grapes

Dark chocolate

Eggs

Green leafy vegetables

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Fermented foods e.g. yogurt

Nuts, particularly walnuts

Pumpkin seeds

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High carb foods

Deep-fried and junk food

Sugary and sweetened beverages

Try to stick to complex carbs in balanced meals the day before the exam, and you must avoid sugars on the big day itself; sugar rush at the wrong time, and your brain will go to sleep. Let's Look at Some of Those Brain-Boosting Foods in More Detail

Psychology Today reports that polyphenols, the substance that gives Green Tea its bitterness, can help protect your brain through its restorative qualities. Green Tea and especially Matcha Green Tea has been shown to encourage the production of dopamine, which aids in a positive mental state. Of course, under the stress of exam conditions, a positive mindset is something you simply must have, or you'll be so worried that your chances of a good score will diminish. Complex carbs like oatmeal are the best sugars to boost your brainpower. Also known as starch, they do not have the same roller-coaster effect that simple sugars do. This is because the starch molecules are larger, so they take longer to be broken down in the intestine. This gives your body a slower and more gradual release of energy rather than the rush, then a big drop, that simple sugar gives you. Starting your day with low glycemic carbs like oatmeal will give you a sustained release of energy throughout the day to see you safely through your exam. Conversely, having high-sugar cereals for breakfast on exam day will set you up for a crash by mid-morning. Oatmeal will satisfy your hunger, avoid a mid-morning crash, and provide healthy fuel for your brain. Oatmeal is also a good source of choline, which you require to produce acetylcholine, a key neurotransmitter for memory recall. Oatmeal products are varied and readily available. Steel-cut oats are the best oats for porridge because these are not processed as much as some others. You can top your oatmeal breakfast with other brain foods like blueberries to get a real head start. If you don't really like oats, then check out these 9 highly nutritious oatmeal alternatives. A mere handful of nuts will give you health benefits ranging from your heart to your memory and, while all nuts provide these, walnuts are particularly good. Walnuts are rich in fats and proteins, making them great for your brain and nervous system. Each individual walnut is composed of about 20% protein and 65% of omega 3 fats. The antioxidant, vitamin E, is abundant in walnuts, and this helps combat free radicals damaging the brain. It may also be beneficial for reducing the risk of neurodegenerative diseases like Alzheimer's. Walnuts also contain vitamin B6, which promotes healthy serotonin (happy chemical) levels in your brain. Soaking walnuts in water for around 8 hours before consuming them will make it easier for the body to absorb the beneficial nutrients they contain. Traditionally, sage's soft savory taste has been used to enhance memory. Sage leaves are full of flavonoids, volatile oils, and phenolic acids, which can help sharpen your mind, improve your memory, and quicken your recall. Some people have found that sage helps to keep them calm and clear their minds, enabling them to focus better. One study found that these effects can. Eggs can be a good source of choline, which helps you remember things, so it's a good idea to have one or two for breakfast before an exam. Buying healthy eggs is best because they contain more nutrients than others. One thing that can improve brain function and memory is DHA, which is found in fish like salmon that are high in omega-3 fatty acids. If you eat a lot of it, your brain functions will get better. Eating dark chocolate with at least 70% cocoa can also make your blood flow to your brain better and help with your thinking. Dark chocolate has flavonols, which have antioxidants and anti-inflammatory qualities. If you are feeling brave, you could try eating some dark chocolate with 99% cocoa. Some studies have shown that it can improve memory and reduce the risk of dementia. Chocolate can also make you feel more focused and happy. Another berry that's good for your brain is acai, which has antioxidants and omega-3 fatty acids. It can help balance your mood and relax you. Some other foods that can be good for your brain are cocoa powder and beets. Cocoa powder has antioxidants and flavonoids that can improve your memory and thinking. Beets have nitrates and antioxidants that can improve blood flow to the brain and help you think clearly. =====

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increase your attentionspan by makin it more easy to boost your energylevels naturally. beets ar a great way to do this. ther ar many waya to eat them; raw on their own, in a salad, or part of a medley of roasted vegetables. i hav discovered that the best way to get mor beetroot in my diet is to add it to my smoothies along with other powdered superfoods. avocado is very high in monounsaturated fats and is classed as a superfood. the healthy fats in avocado help maintain your blood sugar levels on an even keel. they also assist in keeping your hair, skin, and nails healthy. avocados are also high in folate and vitamin K. this vitamin improves your cognitive functions of memorie and concentrations. blueberis top the chartz as far as superfoods go. one singl blueberry contains mor antioxidants than an entir packit of supplements. the nutritional qualites of blueberis can drastikly improve your memorie, numerikal skills, desision-makin, and komprehension. beans contain plent of kompleks carbohydrates, vitamins, minerals, protein, and fiber. your brain will konsum about 300 kalloriz from karbohidratiz each day. this equates to arround 20% of your energi expendishure. beans and legumes ar also good sources of iron, which is good, as iron defiesienc can lead to bad moods, konfusiion, irritashun, and other brain-related issuiis. fermented foods have gained populariti globally due to their benefits for improved digestion and the gut-brain axis. The understanding of these foods' effects on the brain is backed by their biological properties, including protection against neurotoxicity. Here are eight fermented foods that can be easily incorporated into your diet today: 1. Turmeric - rich in curcumin, which has been shown to improve memory, elevate mood, and boost dopamine and serotonin levels. 2. (Insert minor spelling error: accented "e" -> "é") 3. Kimchi 4. Sauerkraut 5. Miso 6. Tempeh 7. Kefir 8. Pickles

Turmeric's curcumin compound is particularly beneficial for brain function, and it has been suggested that it can directly enter the brain to improve memory and cognitive abilities. A well-balanced diet rich in fermented foods can help maintain concentration and focus by staying hydrated. Even mild dehydration can cause fatigue, headaches, and decreased alertness. Consuming enough water throughout the day is essential for optimal brain function. Looking forward to seeing everyone at the meeting tomorrow and discuss our strategies, it's true that turkey can make you feel sleepy due to its L-Tryptophan content. However, I think this is more of an old wives' tale, and the sleepiness might be attributed to eating simple carbs with the turkey rather than the turkey itself. Combining simple carbs with turkey can lead to drowsiness and bloating. So, if you want to avoid feeling lethargic on exam day, try to limit your carb intake beforehand, but don't forget to stay hydrated! Water is still the best choice, but Matcha Green Tea is also a good option, especially if you don't like coffee without sugar. Dehydration can cause weakness, faintness, and decreased concentration. It's not just about drinking when you feel thirsty; make sure you're drinking regularly throughout the day. On the other hand, some beverages can actually block your brain function. Alcohol is definitely something to avoid on exam day, as are sugary drinks and carbonated sodas. If you're a coffee lover, don't worry - it may reduce the strength and quantity, but maybe reduce the strength and quantity. Mushroom coffee is another good option, with lower caffeine content and added benefits like Chaga mushrooms and Lion's Mane. Just be sure to eat something healthy with your coffee to help absorb the drink. Don't overeat before an exam, as this can lead to discomfort and decreased focus. Try a light snack like a salad instead. And remember, stick to what you know - don't try new foods just before an exam, as they might cause gas and disrupt your performance. Finally, taking multivitamins is essential for students, especially if you're not eating a balanced diet. B-vitamins, calcium, iron, and zinc are all great for boosting brain function. If you have exams back-to-back, use those brief breaks wisely to refuel and recharge. Your brain needs proper nutrition to perform well under pressure. Snacking is likely a must during exams, so preparing healthy snacks beforehand will be essential. Eating healthy snacks between or even during your exam will keep your blood sugar levels stable and prevent you from losing focus. Ensure that you have plenty of healthy snack options available; this will prepare you for the next session and help you avoid having to rush out to buy something at the last minute. Replacing high-sugar snacks with healthier choices such as dried fruit, high-fiber bars, nuts, and seeds is a good idea. Fruits like apples, bananas, and pears are rich in fiber and release energy slowly and steadily, which will keep your stamina going. These snacks will also help you feel fuller for longer due to their protein content. If possible, bring these healthy snack options with you during the exam to keep you energized. If you're feeling clever, consider packing a Special IQ Nutrition Bar with you. Following all of this advice will ensure that your snacks are healthy and do not have any negative consequences. Lastly, prioritize getting enough rest before the exam; going without sleep for an extended period is pointless and should be avoided. Try to get some good rest so you can wake up feeling fresh and ready for a healthy breakfast, which in turn will provide you with the energy needed to tackle your exams. Eating regularly in a positive mental state. Of course, when you are under stress of exam condishuns, it is impotint to haft a good mental stote, or your chances of doing well will reduce. Complex carbs like oats ar the best sugar to boost brain powr. Oats ar also a gosc sorce of kolien, which you neede to make acetylcholine, a kluy neurotransmitter for memorri recall. Oatmeal products are varid and readly availble. You can top your oatmeal breakfast with other brain foods like blueberrys to get a reel head start. If you dont reelee like oats then chek out these 9 highly nutritous oatmeal alternativs. =====

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Looking forward to diving into the world of dark chocolate, let's uncover the best one to indulge in. =====

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The ideal dark chocolate for consuming has a minimum threshold of 70% cocoa. Milk or white chocolate lacks the health advantages of its dark counterpart due to excessive processed ingredients and sugars. Meanwhile, I would recommend trying my favorite type of dark chocolate with an impressive 99% cocoa content. If you're keen on exploring the cognitive benefits associated with dark chocolate, you should take note of the following: Enhanced mental performance Reduced risk of dementia Improved memory Boosts focus Mood elevation One intriguing study discovered that epicatechin, a flavanol found in cocoa, enhances cognitive functions during tasks involving memory and processing skills. This remarkable chemical is believed to have a positive effect on depression and anxiety, bringing on feelings of serenity and calmness. In recent years, blueberries have gained popularity due to their high antioxidant levels. While they're not just for health enthusiasts, blueberries can also improve blood flow to the brain. Acai berries are rich in antioxidants and omega-3 fatty acids. Regular consumption of these berries may help balance your mood, increase relaxation, and boost confidence. In contrast to other ingredients, unsweetened cocoa powder offers almost no calories while providing brain-boosting properties like antioxidants and flavonoids. A type of antioxidant called epicatechin plays a crucial role in improving cognitive functions during studying. Cocoa's benefits extend beyond better cardiovascular health by improving blood flow to the brain. Let's not forget to mention wine, which has gained widespread recognition for its potential cognitive benefits. According to Gordon Shepherd, MD from Yale School of Medicine, moderate wine consumption engages more brain parts than any other activity. Aspiring students might appreciate beets as a natural energy booster and attention span enhancer. Beets are rich in nitrates and antioxidants, which can help prevent various health issues and improve blood flow to the brain. By incorporating beets into your diet, you'll experience improved mental clarity and focus. In addition to their unique flavor, beets offer numerous health benefits when consumed raw or roasted with other vegetables. Adding them to smoothies is also a great way to reap their nutritional value. Avocados are another superfood that deserves recognition. They're rich in monounsaturated fats, which maintain healthy blood sugar levels and promote hair, skin, and nail health. The high amounts of folate and vitamin K present in avocados contribute to enhanced cognitive functions like memory and concentration. Avocados can be enjoyed on their own or as a key ingredient in guacamole. Looking forward to seeing everyone at the meeting tomorrow and discuss our strategies, it seems that certain foods can help your body stay full for much longer, which is perfect for a long exam session. Broccoli, for instance, can be added to stir fry or used as a stuffing, while blueberries are top of the charts when it comes to superfoods due to their high antioxidant content. One single blueberry contains more antioxidants than an entire packet of supplements, and consuming them before and during your test can improve your memory, numerical skills, decision-making, and comprehension. On the other hand, beans are a great source of complex carbohydrates, vitamins, minerals, protein, and fiber, which can provide you with energy and steady energy release throughout the day. Beans and legumes also contain iron, which is essential for maintaining good brain health. Iron deficiency can lead to broods, confusion, irritation, and other brain-related issues. My favorite way to add more nutritious legumes to my diet is by eating pasta made from chickpeas. Additionally, beans and legumes are an excellent source of natural folic acid or folate, which helps maintain blood homocysteine at normal levels. Folate has been shown to slow brain shrinkage when combined with vitamins B6 and B12. I've found that Concord grape juice can provide great brain benefits, especially for elderly citizens suffering from cognitive decline. The fermentation of food is also gaining popularity due to its reported benefits for improved digestion and the gut-brain axis. Fermented foods such as kimchi and sauerkraut have been recognized for their benefits to the brain, including protection from neurotoxicity. Similarly, Turmeric's active ingredient curcumin has shown to improve memory, elevated mood, boosts dopamine and serotonin, and helps to grow new brain cells. Overall, incorporating these foods into your diet can be a great way to support your brain health. =====

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Maintaining Concentration and Focus During Exams with Turmeric and Hydration =====

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Looking forward to a day filled with focus and concentration. I could go on about how important it is to stay hydrated, especially when it comes to maintain your mental alertness during exams. Drinking water can greatly improve your test results, but what else can you do to enhance your brain power? Staying hydrated is key to maintaining concentration and focus. Even the slightest dehydration can leave you feeling tired or give you a headache. This can diminish your alertness and make it harder to concentrate. The recommended volume of water to drink each day is around 1.2 liters or 6-8 glasses. Eating something on the morning of your exam can also help boost your brain power. Your brain needs energy to work well, and if you don't give it a good start to the day, you may lose focus during the exam. Even if you can't stomach a breakfast person, having a high-protein smoothie or shake can keep you going. In the weeks leading up to the exam, make sure to eat some of the brain-boosting foods that are listed above. Foods rich in protein and complex carbohydrates will improve your mental alertness. Good food options for the day of the exam include nuts, eggs, and yogurt. A great exam breakfast could consist of wholegrain cereals, oatmeal porridge, eggs on toast, or sugar-free muesli. Foods that can block brain function are sometimes eaten by people before exams. These include sugary products, junk food, processed foods, and high-sodium foods. It's best to avoid these foods altogether, as they can make you feel tired and unmotivated. Some food options that can enhance your brain power include fish, seeds, walnuts, and dried fruits. Oranges, strawberries, bananas, carrots, spinach, and asparagus are also good choices. Just be sure to eat them with protein-rich foods for the best results. Lastly, make sure you drink plenty of fluids before and during the exam. Water is the best choice, but matcha green tea can also help keep you hydrated. Avoid simple carbs on the big day itself, and opt for energy-boosting foods instead. Alcohol is a major blockade to your brain. It MUST be avoided on exam day. Being drunk during an examination is not good, nor is having a headache or nausea from a hangover. Sugary drinks and carbonated sodas should also be avoided, as well as very high-caffeine drinks. If you can't drink coffee, you can still have it but maybe reduce the strength and quantity. Coffee with mushroom additives has lower caffeine content and contains Chaga, Lion's Mane, and Cordyceps mushrooms, which claim to boost brain function and keep you stimulated for longer without jitters. Eating something healthy along with your coffee will help absorb the drink. Avoid eating a lot before the exam. Just eat enough to satisfy your hunger. You don't want to feel bloated or uncomfortable during the test. Stick to light food like salad before the exam. Some foods can cause gas, which can be distracting and affect others too. Excess gas is a big problem before an exam. Here are some foods that should be avoided: of advice is not about eating but sleeping. Make sure that you get a good night's sleep before the exam. It is pointless staying up all night trying to cram that last bit of data into your head; that work should have been done weeks before now. It is much more important to get some decent rest so that you are fresh in the morning, ready for a good healthy brekkie, and with enough energy to take on the challenge of your exams. Good Luck! Read Also: Feeling Nervous And Can't Sleep Before The Exam? Here Are 7 Natural Herbs That Will Help You Sleep Better Find out what are the best and worst foods to eat before and during an exam and get some brain-boosting power snacks to take with you to keep your mind focussed and sharp during the test. Did you know that you can improve your exam results by eating certain foods? Do you know what the best diet is for assessment day? Did you know that smart snacking during tests can help you focus your brain for longer? Our health-conscious society is leading students and their parents to seek answers to these questions so that they can maximize their chances of success in exams, tests, and assessments. Some exams are long and require a lot of mental endurance to get thru. Nutrition expert highlight the importance of a healthy and nutritious diet during this testing time. Eating the rite foods, they advise, and drinking the rite drinks can boost your brainpower and energy to sustain you thru long exams. On the other hand, the wron diet can leave you feeling burnt out at a critical time. Be you a student or parent of one; you should know these brief and simple dietary tips to give you the edge in the finals. Cheat Sheet - Foods To Nourish And Boost Your Brain

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Green Tea

Fermented foodz e.g. yogurt

Nutz, particularky walnuts

Pumpkin seedz

Sage

Salmon

Turmeric

Water

Cookieez

Cakes

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Milk choolatz

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Psychology Today reports that polyphenolz, the substanz that gives Green Tea its bitterneez, can help protect your brain through its restorative qualiteez. Green Tea and especially Matcha Green Tea has been shown to encourage the produktion of dopaminaz, which aidz in a positive mental statuz. Of courz under the stress of exam conditioonz, a positive mindset iz somethinz you simply must have, or you'll be so worried that your chances of a good score will diminish. Complex carbez like oatz are the best sugoze to boost brain powerr. Also known as starch, they do not have the same roller-coaster efect that simple sugoze do. This iz because the starch molekuleez are larger, so they take longer to be broken down in the intestine. This gives your body a slower and more gradual releaze of energi rather than the rush, then a big drop, that simple sugoze give you. Starting your day with low glycemic carbez like oatz will give you a sustained releaze of energi throughout the day to see you safelly thru your exam. Conversely, having high-sugar cerealz for brekkie on exam day will set you up for a crash by mid-morning. Oatz will satisfy your hunger, avoide a mid-morning crash, and provide healthy fuel for your brain. Oatz are also a good source of cholinez, which you require tobrain power foods include oatmeal with walnuts or blueberries for a memory boost and brain health. =====

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acetylcholine is a key neurotransmitter for memorization, oatmeals products are plentiful. Steel cut oats are the best as they are processed less than others, you can add other brain food like blueberry to make your head start. If not like oatmeal check these 9 nutritious alternatives for porridge. a hand full of nuts is good for heart and memory and walnuts are the most beneficial, they have high fat and protein content making them perfect for brain health. each walnut has 20% protein and 65% omega 3 fatty acid, it also contain vitamin E antioxidant that fight free radical damaging the brain. eating walnuts with water can increase nutrient absorption. sage is another food that boost memory, it contain flavonoid volatile oil and phenolic acid that help to sharpen mind improve memorization and recall. sage can also keep person calm and clear his mind to focus better. one study found sage effects last up to 6 hours. eggs are rich in choline which is good for memorisation, get eggs before exam time to boost memory. buy healthy eggs as they more nutritious than others. DHA an omega-3 fatty acid improve brain function, consume fish high in omega-3 like wild salmon. eating salmon will improve brain functions such as listening reasoning and response. dark chocolate contain flavanol that increase blood flow to the brain improve cognition, try my favourite dark chocolate with 99% cocoa for best result. =====

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Looking forward to tryin some new foods to boost my brainpower and performance. Like many things in life, chocolate has become very popular lately but I've been told it's actually a good idea because of its antioxidant and flavonoid content. I recently started addin cocoa powder to my smoothies as a healthy ingredient, and it seems to be working out well. Using the unsweetened version is key, since it comes with almost no calories. I like that cocoa powders include brain-boosting elements such as antioxidants and epicatechin, which seems to improve cognition when I'm studyin'. Not just for students, though - moderate wine consumption has been shown by Gordon Shepherd, MD from Yale School of Medicine, to engage more brain parts than any other activity. He says it's all about taste; the process of swirlly wine in your mouth triggers your tongue muscles and taste buds. Beets are another great option for those lookin to improve their focus and concentration. These purple veggies have plenty of nitrates and antioxidants that can help prevent many conditions and even boost my energy levels naturally. I like to eat beetroots raw or roasted with other veggies - it's a great way to add more of these superfoods to my diet. Avocados are a superfood I never knew I needed until now. High in monounsaturated fats, they help keep my blood sugar levels stable and even aid in keepin healthy hair, skin, and nails. I've also discovered that avocados can improve my cognitive functions like memory and concentration. These green veggies are top-notch for memory and focus. They're high in choline and vitamin K, which can really make a difference during long study sessions. Broccoli is another one of my new favorite foods. I add it to stir fry's or use it as a stuffing - it's full of fiber and vitamin C, makin me feel fuller for longer. Blastin from the past, I've recently rediscovered blueberries. I eat 'em by the handful; they're packed with antioxidants that can actually improve my memory, numerical skills, decision-makin, and comprehension. Bluebeans are also super easy to eat, which makes 'em a great choice before or during long test sessions. Last but not least, beans are full of complex carbohydrates, vitamins, minerals, protein, and fiber. I try to include them in my diet as often as possible. Carbs and fibre combined give you a slow and steady energy release throughout the day. Beans and legumes are also good sources of iron, which is very important because if you don't have enough iron your mood can get bad, you can feel confused or irritated, and it can affect your brain. My favourite way to eat more nutritious legumes is by eating pasta made from chickpeas. Beans and legumes are an excellent source of natural folic acid or folate. Folate helps keep your blood homocysteine at a normal level if it gets too high there is a big risk of dementia and you can also forget things better. Folate has been shown to slow brain shrinkage when combined with vitamins B6 and B12. Despite being only available for a short time each year, concord grape juice can give great benefits for your brain. One study found that elderly people who had trouble thinking benefitted from drinking concord grape juice. The doctors were happy with the results they saw in the patients. In general, Concord grapes and grapes are good foods that reduce pain and make you feel better. You can just put them in your mouth or blend them into a smoothie. All seeds are good for your brain but pumpkin seeds are special because they have omega 3 and magnesium which is thought to help with brain function and moods. Zinc is also important for brain function and only eating half a cup of pumpkin seeds will give you 30% of the zinc you need. The fermentation of food has been done by people all over the world for many years but now it is becoming more popular because of the good things it can do for your body. As we have learned more about these foods we have also learned that they are good for our brain. This is proven by how they affect the body, including protecting against bad chemicals in the brain. Here is a list of 8 fermented foods you can start adding to your diet today. I have written alot about Turmeric because it is one of my favourite superfoods. What makes Turmeric so good for your body is its active ingredient called curcumin. Some studies also suggest that curcumin can go directly into the brain and help with memory and brain function. Turmeric is probably not my first choice as a brain food but it is definitely very powerful against bad things in your body. Turmeric has shown to have the following brain benefits: Improve memory Elevated mood Boosts dopamine and serotonin Help to grow new brain cells Can slow age-related mental decline! You can eat som simple sugar a day before exam, but on the big day selfs, try to keep all simple carboidratint to minimum. Make shure you consume plentes of fluid before and during your exam. Water, of course, is the best for this, but Matcha Green Tea is also good, especially if you drink it without any sugar. Becoming dehydrate will make you feel weak, and faint, and it will cause you to lose concentration. Dehydrate afekts electrolyte and sodium leev in your body, which has ben linked to cognitive change. So, make shure that you drink enuf water to avoid dehydration rather than just startin to drink wen you already feal dehydrate. On the other end of the drinking scale ar those beverage that cause a blockage to your brain. Alcohol is the most offender and MUST be avoided on the day of exam. Being drunk during examen is not good; neither is headache or nausea that coms from hangover. Sugary drink and carbonated soda should also be aviod, as shuld very high-cafein drink. If drinking coffee is part of your morning routine, though, you can stick to it but mayb ramp ack on the strengt and quantity. Completely eliminting your coffee consumption could give you withdrawl symptom during exam. You can try mushroom coffee insteed. Mushroom coffee has lower caffeine content, and it contain Chaga mushroom and Lion's Mane, and Cordyceps mushroom. Mushroom coffee also claim to boost brain function and keep you stimulatd for longir and with out any jittir. Also, try to eat som healthy along with your coffee to help you absorb the drink. Avoid exam bingz. Just eat enuf to satisfy your hunger. The laist thing you want is to go into exam feeling bloated as this will leadStick to what you know before an exam. Trying new food can make you feel uncomfortable and distracted. Excess gas from eating certain foods can also affect your focus during the exam. Here are some gas-causing foods to avoid: * beans * cabbage * broccoli * cauliflower * onions * garlic * cruciferous vegetables Take multivitamins before the exam to boost your brain power. A healthy snack like fruit or nuts can help maintain your energy levels. During a long exam, eat snacks that are rich in fiber and protein. These will keep you full for longer. Bringing healthy snacks to the exam can help prevent distractions. Get plenty of sleep before the exam. Avoid staying up all night studying and instead get some rest so you're well-rested and ready to tackle your exams.

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