

Smart Food!!

Food that can help you on your exams

Don't you wish you could take something before an exam or test that would help increase your concentration? Well you're in luck. Recent studies suggest that proper nutrition may improve your concentration and memory, as well as your overall alertness, coordination, and cognitive skills.

The Fabulous Trio

1. Complex Carbohydrates

Whole Wheat products, brown rice, and high fiber foods are all examples of complex carbohydrates. These carbohydrates supply the brain with a steady flow of glucose, the energy source for the brain.

When carbohydrates are consumed, L-tryptophan, an amino acid, has improved entry into the brain. L-tryptophan is used in the brain to make the neurotransmitter serotonin, which promotes relaxation and helps induce sleep.

But be warned, consuming too many carbohydrates can affect performance levels on exams: the person may feel tired. But carbohydrates in the appropriate amount provide energy necessary to perform well cognitively. With the proper balance of complex carbohydrates, a person's brain will have an abundance of energy with few signs of fatigue.

Examples of Complex Carbohydrates:

Whole Wheat Products, Bran, Oatmeal, Quinoa, Vegetables, Brown Rice, High fiber and Wholegrain Cereals, Dried Peas and Beans, Sweet Potatoes



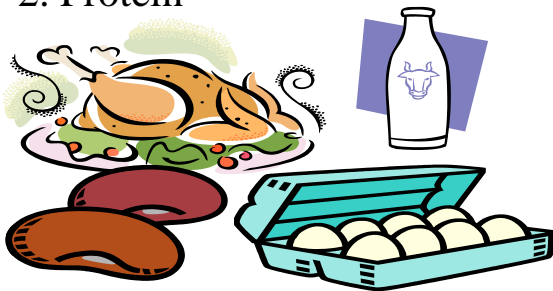
Whole Wheat

Inside Information

A great source of complex carbohydrates, whole grain products come in the forms of bread, whole grain crackers, whole grain cereals and even whole grain pastas.

In addition to complex carbohydrates, Whole Wheat products provide B vitamins, calcium, fiber, and protein.

2. Protein



Lean meats, Skim milk, yogurt, soy, eggs, fish, beans, and nuts are all sources of good protein. Proteins digest more slowly than carbohydrates, so they actually continue to provide energy even when carbohydrate energy is depleted.

When protein is consumed, L-tyrosine, another amino acid, has improved entry into the brain. L-tyrosine is used to synthesize the neurotransmitters norepinephrine and dopamine, both of which are critical to clear, quick thinking; long-term memory; and feelings of alertness and stability.

3. Fat

A must in all diets, fat is an essential nutrient in properly functioning brains. Fat helps us absorb fat soluble vitamins, provides the building blocks for nerve cells, hormones and other structures in the body. Plus, it helps food taste good! The key is selecting fats which contribute to your health. Evidence is mounting in favor of Omega-3 fatty acids, to help feed your brain and make sure it is operating at its highest level. So your grandma was right; some types of fish are great "brain" food. Examples of Healthy fats:

Nuts and seeds	Peanut Butter	Avocados
Fish oils	Olive Oil	Plant Oils

Sports nutrition tip: proper timing of protein and carbs helps with muscle repair, which helps metabolism.



