

# Health and Nutrition



## Eat Better

Eat Better, Feel Better, Focus Better. Study Naturally—The balanced way to increase your GPA

Eating well can improve brain function, focus and concentration. Not only does a nutritious diet increase energy, prevent some chronic diseases, and help maintain a healthy body weight but it has also been shown to be beneficial for achieving your academic goals. Paired with other Study Naturally techniques, eating well can help enhance your academic performance.

### Break-the-fast!

Starting your day with a healthy meal can improve concentration and focus, enabling you to strive for success. Eating within an hour of waking jumpstarts your metabolism and provides the fuel you need to get through your morning.

Dial in: Listen to your hunger, fullness and thirst.

These are basic biological needs that require attention before you can focus. Eating every 3-5 hours will keep your brain regularly fueled throughout the day.

Give your brain and your grades a boost by providing it the nutrients it needs.

### Iron

Adequate iron intake has been shown to improve mental function, which can help increase learning experiences. Try to get 8mg/day if you are male and 18mg/day if you are a female. Common food sources include: lentils, cooked spinach, beef, whole wheat bread, and sunflower seeds.

### Zinc

Zinc plays a crucial role in memory formation and cognitive stability. Males should try to get 14 mg/day and females should try to get 8 mg/day. Foods that are high in zinc include: wheat germ, bran cereal and red meat.

### Carbohydrates

The brain relies on glucose for fuel. Therefore, eating regular meals with carbohydrate-containing foods can help preserve adequate blood sugar levels in order to maintain cognitive function. Try to eat whole grain products, starchy vegetables and milk and yogurt to keep your energy level up.

### Omega 3 Fats

This type of fat is highly concentrated in the brain and is important in memory, performance and behavioral function. Sources include: salmon, tuna, halibut, and nut oils.

### Fibre

Fibre helps the body release sugar in the blood slowly which provides your brain with fuel over a longer period of time. You can find fibre in whole grain bread, pasta, and beans.

### Brain Food Can Change Your Mood

Food influences the production of neurotransmitters (brain chemicals) such as serotonin, dopamine, and norepinephrine. These chemical can help you feel calm, happy and more capable of coping with stress.

**Blueberries** – anthocyanidins found in blueberries may slow and even reverse age-related mental decline.

**Broccoli** – this powerhouse of nutrition is a good source of folate. Folate is a tryptophan which helps promote the production of the “feel good” brain chemical serotonin, which can provide a pick-me-up to help you study more effectively.

**Avocado** – avocados are high in vitamin B5 which plays a part in adrenal function to help your body cope with stress.

**Pomegranate** – This antioxidant rich food has been found to be memory boosting and Alzheimer’s disease battling.

**Salmon** – the ultimate brain food that may improve memory and may help prevent the mental deterioration seen in Alzheimer’s disease.

**Turkey** – turkey contains tyrosine which triggers dopamine and norepinephrine production which enhances energy, alertness and feelings of well-being.

### Water and Brain Function

Water gives the brain the electrical energy for all brain functions, including thought and memory processes. Not drinking enough water can lead to problems with focus, memory, brain fatigue, headaches and sleep issues. Try to carry a water bottle with you throughout the day so you can get your recommended 8-12 cups a day.

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