

GOOD GRADES

“One cannot think well, love well, sleep well, if one has not dined well” - Virginia Woolf

1

◆ **Eat breakfast.** Breakfast is fuel that will help get you through your morning and power you up for the rest of the day. Take time to eat in the morning. If you have to rush to class or work grab some dry cereal in a bag, a piece of fruit, a granola bar, or a yogurt. All are great options to keep you mentally focused and your mind of hunger.

Keep meals small and frequent. Know how tired you feel after Thanksgiving dinner...well, eating large meals can cause drowsiness. Make sure you get the energy you need without the sleepiness, by eating more, smaller meals. This provides a constant source of energy and keeps you on top of it.

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◆ **Don't skip meals.** Our body is like a coal train. It needs fuel regularly. Regular meals and snacks keep your mind and body on track and going full steam ahead.

Drop the diet. Studies show that dieters have reduced short term memory and ability to quickly process information. The longer you diet, the more mental functions may deteriorate.

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◆ **Add a little protein at meals.** A carbohydrate rich meal can leave you feeling drowsy a few hours later. Eating a light meal with a mixture of protein and carbohydrates fuels the body without making you groggy. Try a turkey sandwich on whole wheat bread or fresh fruit and cottage cheese.

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◆ **Caffeine...the good, the bad, and the ugly.** Caffeinated drinks, in moderation can improve your short term memory, increase your typing speed, and elevate mood. But, more than the equivalent of 3 cups of coffee per day can cloud concentration and thinking.

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◆ **Eat vitamin rich foods.** Antioxidants such as beta-carotene, vitamin C, and vitamin E, as well as iron and the B vitamins have a role on brain function and memory. These nutrients are found in fresh fruits and vegetables, whole grains, and lean meats.