

## Eating for Success!!

The next time you wonder why you can't think straight, or get everything done that you need to get done, consider that what you eat may be the cause of the problem.

Our thoughts and ability to succeed can be affected significantly by what we eat, but sometimes it is too tempting to consume the foods we crave, as opposed to the foods that are good for us.

Eating well is good for your mental as well as your physical health. The brain requires nutrients just like your heart, lungs or muscles do. We need the fuel within food to survive. Our brain needs fuel, and it needs the right kind of fuel to perform at its best.



The eat well plate highlights the different types of food that make up our diet, and shows the proportions we should eat them in to have a healthy, balanced diet. Eating healthily is about eating the right amount of food for your energy needs.

It's a good idea to try to get this balance right every day, but you don't need to do it at every meal. You might find it easier to get the balance right over a longer period, like a week. Try to choose options that are lower in salt when you can.

But which foods are particularly important to keep our brain healthy?



1. **Wholegrain products** - release glucose slowly into the bloodstream, keeping you mentally alert throughout the day. Opt for 'brown' cereals, wheat bran, granary bread and brown pasta.



2. **Oily Fish** - Essential fatty acids cannot be made by the body and must be obtained through diet. The most effective omega-3 fats occur naturally in oily fish. Pumpkin seeds also provide you with these essential nutrients that are good for healthy brain function, the heart, joints and general wellbeing.



3. **Blueberries** – Improved memory function and help to fight off disease as they are packed with antioxidants.



4. **Tomatoes** – Helps to maintain a healthy brain and protect against cell damage.



5. **Vital Vitamins** – It is much more beneficial to obtain essential vitamins from food rather than supplements. An orange contains not only Vitamin C, but also fibre, beta carotene and other minerals — so it can't be replaced by a supplement. When you are studying eat whole-food items like apples, bananas, clementines, carrot sticks or dried apricots.



6. **Blackcurrants** - One of the best sources of vitamin C which has the power to increase mental agility.



7. **Pumpkin Seeds** - Just a handful of pumpkin seeds a day is all you need to get your recommended daily amount of zinc, vital for enhancing memory and thinking skills.



8. **Broccoli** - A great source of vitamin K, which is known to enhance cognitive function and improve brainpower.



9. **Sage** - Sage has long had a reputation for improving memory.



10. **Nuts** – Different nuts come with different benefits, but eating nuts aids cognitive function. They are a great source of Vitamin E, along with leafy green vegetables, asparagus, olives, seeds, eggs, brown rice and whole grains.

Alongside eating the right foods, also consider the following: -

- **Eat at regular intervals** - eating regular meals helps keep nutrient and energy levels more stable, curbing the temptation to eat sugary processed convenience foods.
- **Eat a hearty breakfast** - Make sure you have sources of protein, calcium, fibre and a piece of fruit or a vegetable. So, a bowl of cereal with milk and a piece of fruit would do the trick. Remember that a decent sized breakfast will prepare you for the day ahead.
- **Snack for study** - Snack smart while studying and you may find that you retain more. Try to get two food groups into your snacks to balance the nutrients and keep your blood-sugar level stable. A suitable snack may be a piece of fruit with/without natural full fat yoghurt, rice cakes, energy balls, or a handful of dried fruit.
- **Stay hydrated** – Drink moderate amounts throughout the day – around 1.5 litres in total.
- **Avoid sugary and processed foods** - The temporary high you'll get from a sugar-fix will be followed quickly by crashing blood sugar levels causing, among other things,

fatigue. Try to eat food which release energy slowly to keep you prepared and focused for the day ahead.

- **Get enough sleep** – Your body and mind needs sufficient time to rest and recover after a busy day, so make sure that you get around 8 hours of quality sleep time each night.

## Shake of the month

### Brain Boosting Blast!



Ingredients	
1 cup	Blueberries
½	Banana
½ cup	Cucumber
1 Tablespoon	Chia Seeds
	Water

Method
Add all solid ingredients to blender
Top up with water
Blend for 30-60 seconds
Enjoy!

## Recipe of the month

### Asian Pulled Chicken Salad



#### Ingredients

- 1 small roasted chicken, about 1kg
- ½ red cabbage, cored and finely sliced
- 3 carrots, coarsely grated or finely shredded
- 5 spring onions, finely sliced on the diagonal
- 2 red chillies, halved and thinly sliced
- small bunch coriander, roughly chopped, including stalks
- 2 heaped tbsp roasted salted peanuts, roughly crushed

#### For the dressing

- 3½ tbsp hoisin sauce
- 1½ tbsp toasted sesame oil

#### Method

1. Combine the dressing ingredients in a small bowl and set aside.
2. Remove all the meat from the chicken, shred into large chunks and pop in a large bowl. Add the cabbage, carrots, spring onions, chillies and half the coriander. Toss together with the dressing and pile onto a serving plate, then scatter over the remaining coriander and peanuts.