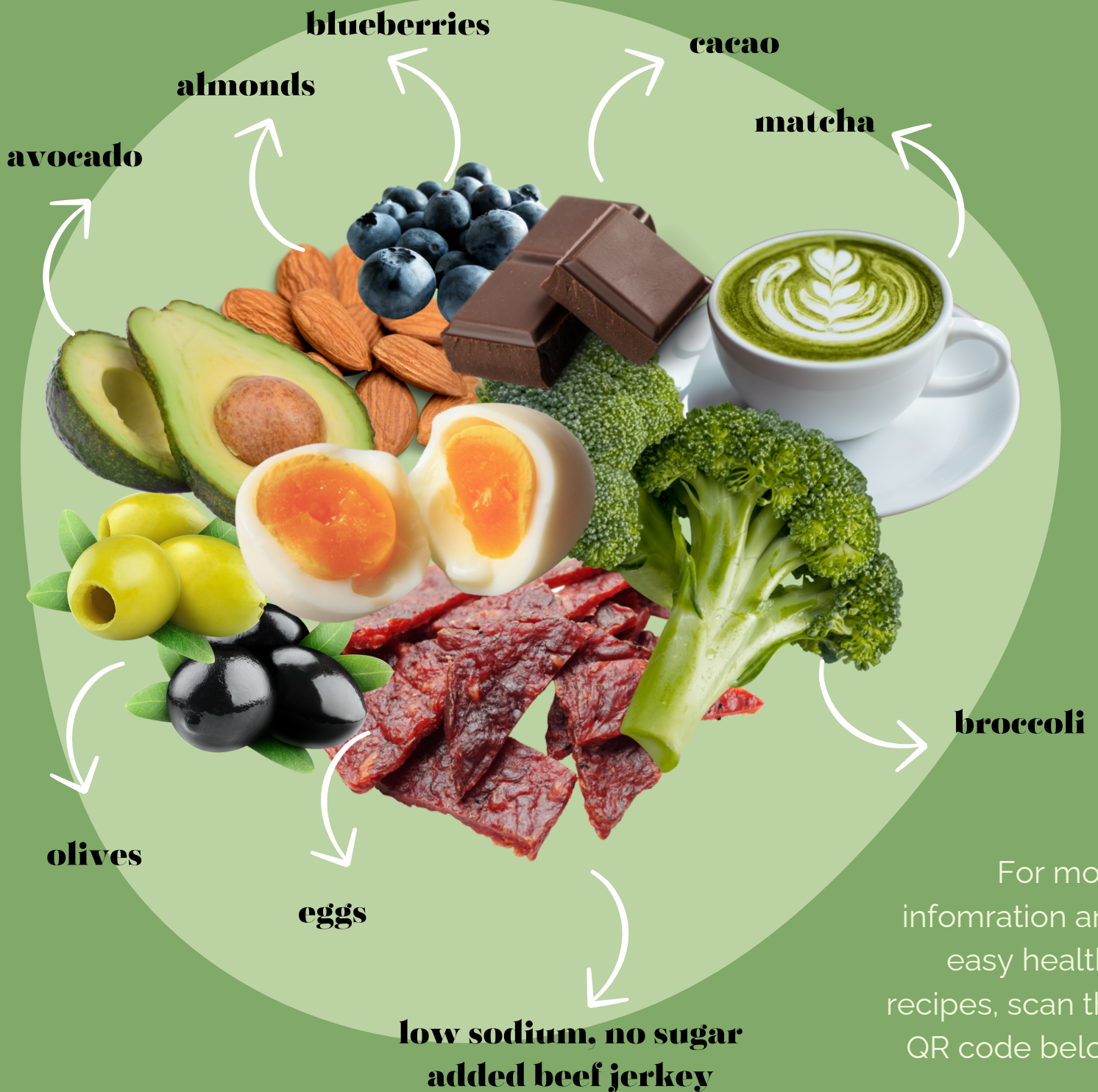


BRAIN BOOSTING SNACKS



For more information and easy healthy recipes, scan the QR code below



Dietetic Internship
DEPARTMENT OF HUMAN SCIENCES



BRAIN BOOSTING SNACKS

Many of us snack while we study, so imagine if those snacks were directly boosting your brain power and focus! These healthy snacks are proven to support memory and focus, while reducing brain fog, fatigue and anxiety.



Avocado is a super food for a reason! They contain healthy fats that directly fuel your brain, These fats help protect brain cells and provide support to information carrying nerves.



Low sodium, no added sugar **beef jerky** is a great source of vitamin B12, which prevents things like brain fog, anxiety, and fatigue.



Cacao is your new best friend. It is full of antioxidants, reduces blood pressure and cholesterol, and Increases insulin sensitivity. All of these are essential for brain health.



Almonds contains all the nutrients your brain needs to thrive. Healthy fats, antioxidants, and vitamins & minerals that keep your brain sharp and prevent anxiety.



BRAIN BOOSTING SNACKS



Broccoli contains compounds that lower the risk of neurodegenerative diseases like Alzheimers. Any food that does this also helps with current memory and focus!



Blueberries provide nutrients that promote blood flow to the brain, increasing attentiveness and focus.



Olives help protect your brain from damage and Inflammation, which can lead to brain fog, fatigue, and poor memory. This effect is more powerful when consumed as olive oil, so try using this in meals through the day!



Eating **eggs** reduces any inflammation In the body, including your brain. The nutrients found In eggs support overall brain function, memory, and rapid communication between brain cells.



Matcha has two powerful compounds: caffeine and L-theanine. The two combined provide a calm focus that Is perfect for those long study sessions!

