



A better tomorrow starts today.

## FOCUS ON FIVE

### EXAM ENERGY BOOSTING TIPS

#### EAT BREAKFAST

BREAKFAST EATERS PERFORM BETTER ACADEMICALLY THAN NON-BREAKFAST EATERS.

#### FUEL REGULARLY

TRY TO EAT SOMETHING EVERY 4-5 HOURS. THIS HELPS PREVENT HUNGER AND MINIMIZES THE TEMPTATION TO EAT LESS NUTRITIOUS FOODS.

#### FEED YOUR BRAIN CARBOHYDRATES

YOUR BRAIN PREFERS CARBS! EAT COMPLEX CARBS LIKE WHOLE FRUIT, WHOLE GRAINS, VEGETABLES, NUTS, SEEDS AND LEGUMES. COMPLEX CARBS DIGEST SLOWER THAN SIMPLE SUGARS IN CANDY, JUICE AND DESSERTS. THIS KEEPS YOUR ENERGY CONSISTENT.

#### PROTEIN POWER

PROTEIN WITH MEALS & SNACKS SLOWS DIGESTION TO BETTER SUSTAIN ENERGY. HIGH PROTEIN FOODS INCLUDE, EGGS, MEAT, NUTS, SEEDS, LEGUMES & DAIRY.

#### FAT EFFECTS

TAKE IN MODERATE AMOUNTS OF FAT TO KEEP YOU SATIATED. EXCESSIVE AMOUNTS CAN SLOW DIGESTION TOO MUCH AND MAKE YOU SLUGGISH.



FOR YOUR HEALTH

FOR YOUR PLANET



FOR YOUR COMMUNITY



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## EXAM ENERGY BOOSTING MEAL PLAN

### BREAKFAST

BOWL OF CHEERIOS OR OTHER WHOLE GRAIN CEREAL W/ 8 OZ. LOW-FAT MILK  
1 SL WHOLE GRAIN TOAST WITH  
1 T. PEANUT BUTTER, SMALL BANANA

### MID-MORNING

6-8 WHOLE GRAIN CRACKERS W/ 2 OZ. CHEDDAR CHEESE, 6 OZ. 100% FRUIT JUICE

### LUNCH

LEAN ROAST BEEF SANDWICH ON WHOLE GRAIN BREAD, LETTUCE/TOMATO & LITTLE MAYO, SMALL SIDE SALAD W/ 1 T. DRESSING, 1 SMALL BAG OF CHIPS, 8 OZ. LOW-FAT MILK

### MID -AFTERNOON

1 ORANGE, 1 HANDFUL OF NUTS

### DINNER

4-6 OZ. GRILLED CHICKEN, 1 SERVINGS OF BROCCOLI, 1 SERVING OF MASHED POTATOES, SMALL SIDE SALAD W/ 1 T. DRESSING, 8 OZ. LOW-FAT MILK, SMALL SIDE DISH OF FROZEN YOGURT

### EVENING

1/2 PEANUT BUTTER SANDWICH ON WHOLE GRAIN BREAD, SMALL APPLE



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