# Eating for exam success

Discover what you should eat – and what you should avoid – to help you perform your best during revision and exams.

## **What to eat during exams**

The following top healthy eating tips are from the University of Surrey’s Department of Nutritional Sciences designed to help you stay on top of your game during exam season.

### **1. Eat proper meals**

Meals with slow release carbohydrates will help fuel your revision. When at school during the day, make sure you have a good breakfast and lunch. In the evening, make sure you have a good lunch and dinner.

### **2. Keep hydrated**

Drink plenty of fluid. Go for plain water mainly, with the occasional diluted fruit juice or squash.

### **3. Eat plenty of fruit and vegetables**

Use fruit and veg as a healthy snack instead of crisps, chocolate or fizzy drinks.

### **4. Watch your coffee intake**

Caffeine acts as a stimulant and may aid concentration in small doses (the equivalent of one to two cups) but overdoing the caffeine will dehydrate you, can cause palpitations and may disturb your sleep.

### **5. Try to avoid energy drinks**

High-sugar, high-caffeine drinks may appear to give you an instant buzz but are a poor substitute for proper food and fluid.

### **6. Avoid too many ‘treats’**

Don’t overindulge on fatty foods, sugary snacks (crisps and chocolate) or fizzy drinks.

### **7. Don’t overdo the alcohol**

You might feel more relaxed, but alcoholic drinks dehydrate you, disturb your sleep and can wreck your concentration the next day.

**8. Pre- Exam Eating**

Try to have a light meal before your exam, enough to give you energy through the exam – hence a meal including wholegrain carbohydrate but not too much that you feel sleepy and lethargic.

Ideas for Breakfast

• Porridge and dried or fresh fruit

• Weetabix, shredded wheat, muesli or similar wholegrain cereal and fresh or dried fruit

• Egg (boiled, poached, scrambled, fried) with wholemeal bread or toast

• Yogurt with seeds, nuts and fruit

• Low sugar cereal bar and a glass of milk

**Some Smoothie Recipes to power you through the exam season**

