

FOOD: IDEAS THAT HELP FUEL YOUR BRAIN

SNACK IDEAS

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MEAL IDEAS

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dried berries	yogurt	lentil/veg soup + cheese roll	eggs + whole grain toast
mixed seeds/nuts	tuna paté or hummus + oatcakes	fish pie + salad	egg/tuna sandwich + salad
Brazil nuts	cheese+ tomato sandwich	whole grain salad roll + rice pudding	cheese/egg/chicken salad
homemade flapjack	avocado dip + carrots	porridge + boiled egg	chicken or tuna + pasta + salad
banana/carrot cake	peanut butter on bagel	lentil bake + yogurt	baked beans on toast
banana	apple + rice cake + cheese	baked aubergine + cheese on top	quiche + salad
shake with banana/berries	Marmite sandwich	whole-wheat pancakes with fruit or savoury stuffing	baked potato + cheese/beans + salad
dried fruit	bagel + cream cheese	salmon/mackerel/tuna + rice + peppers	salmon or tuna + rice + peas/salad
oatcakes+ cheese	cottage cheese and breadsticks	stir-fry chicken, veg + noodles	nut roast + wholemeal roll
milk or hot chocolate	homemade granola	chicken curry + rice + fruit salad	couscous + grilled chicken + salad

Tips for fuelling your brain and keep it working through lessons and exams:

1. Avoid too much sugar: it will make your energy and mood go up and down too fast.
2. Make sure you have enough protein such as: beans, nuts and seeds, eggs, fish, chicken, lentils/pulses, soya, whole grains (such as oats) and dairy.
3. Don't let yourself get too hungry.
4. Drink enough water – and avoid fizzy drinks.

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