

# DIET AND ACADEMIC PERFORMANCE

Research shows that a healthy diet improves academic performance and mental health, preserves brain function, and reduces cognitive decline.



Breakfast is vital for staying focused and alert, remembering crucial information and solving problems.



Not consuming recommended amounts of foods that contain essential nutrients (such as fruits, veggies, whole grains and dairy products) is linked to lower academic performance.



Hunger associated with not eating enough is also linked to poor academic performance and an inability to focus. So be sure to eat prior to any big exams!

## OMEGA-3 FATTY ACIDS



Essential building block of the brain and important for learning and memory. Helps reduce oxidative stress, protecting the brain against decline and damage.

**Sources:** fatty fish (salmon and sardines), flaxseed, walnuts



## FLAVONOIDS

Helps maintain cell health in brain tissue, reduce inflammation and damage to the brain, has overall positive effects on cognitive function, and improves memory.

**Sources:** Berries and Cocoa

## FOLATE



Essential for healthy brain development, helps improve memory and cognitive function.

**Sources:** dark leafy greens, legumes, whole grains, organ meats, citrus foods and fortified products



## VITAMIN D

Helps preserve cognitive function and essential for brain development.

**Sources:** fatty fish, milk and dairy products, fortified alternatives, orange juice

## VITAMIN E



Brain protective properties that helps reduce cognitive decline

**Sources:** vegetable oils, nuts, green leafy vegetables, fortified cereals



## VITAMIN B6 AND B12

Both improve memory. B6 also produces serotonin linked to control of mood, energy, and concentration.

**B6 Sources:** poultry, fish, potatoes, bananas, avocado, legumes, nuts, seeds

**B12 Sources:** eggs, dairy products, red meat, fortified cereal

## VITAMIN C



Antioxidant properties that protects the brain against cognitive decline and memory loss.

**Sources:** citrus fruits, several plants, and vegetables

## ESSENTIAL NUTRIENTS FOR BRAIN FUNCTION AND HEALTH

## IRON

Helps with the development and function of the brain. Deficiency associated with brain fog and impaired function.

**Sources:** Red meat, fish, poultry, legumes, fortified grains

## MAGNESIUM

Essential for learning and memory.

**Sources:** whole grains, legumes and nuts, chocolate, seeds

## ZINC



Has a significant impact on brain function and emotions. Plays an important role in neurotransmission, metabolism of brain cells and integrity of brain cell membranes.

**Sources:** red meat, poultry, fish, fortified cereal, spinach, dairy products



## PAIRINGS FOR ACADEMIC SUCCESS

Fruit and vegetable smoothies made with low-fat milk or yogurt

Tuna fish salad on leafy greens and whole wheat crackers

Dark chocolate paired with blueberries and almonds

Sliced peppers, hummus and whole grain crackers

Greek yogurt with berries and nut granola

Banana with peanut butter

Whole grain toast with avocado and tomato