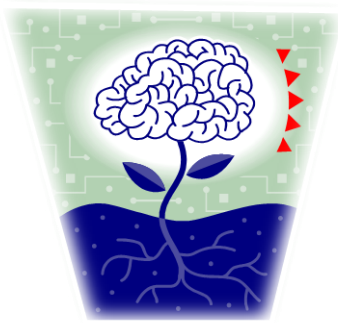


BRAIN POWER BOOSTING NUTRIENTS

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CARBOHYDRATES

Glucose is the fuel preferred by brain cells. As nerve cells cannot store glucose, they depend on the bloodstream to deliver a constant supply. Low blood sugar levels may cause poor concentration and low energy levels. To maintain adequate levels of the brain fuelling glucose, it's important to eat carbohydrate-rich food often during the

day. Eating bread and rolls are easy ways to fuel up before, during and after the examinations.

PROTEIN

Amino acids, the building blocks of protein, are needed for the production of chemicals that help brain cells communicate with one another. Fish, chicken and lean meat, eggs, milk products and dried beans are excellent sources of amino acids.

FAT

Fat in food is broken down into fatty acids that can be used to make brain cell membranes. For optimal brain function, essential fatty acids - Omega-3 and Omega-6 - need to be acquired from the diet. Salmon, sardines, mackarel, nuts and seeds are good sources of these beneficial fats.

VITAMINS AND MINERALS

Your child deserves to be in the best of health to cope with exam stress. Adequate iron is needed to build up resistance against infection. So, include lean meat, fish, poultry, green leafy vegetables and lentils for an iron boost. Provide plenty of fruit and vegetables to ensure adequate intake of immunity-boosting vitamins and minerals.