

HOW A HEALTHY DIET CAN HELP WITH TEST ANXIETY

What we eat can affect our performance. Here are some diet strategies for families to consider that can help your brain function optimally and reduce test anxiety.

WHAT TO EAT BEFORE A TEST

- Don't take a test on an empty stomach! You need to eat and drink because your brain needs fuel to function.
- Eat a light, nutritious breakfast that's high in protein. Eggs, peanut butter on whole grain bread, oatmeal with apples (apples reduce anxiety, a green smoothie and plain yogurt with blueberries are good choices.
- A handful of nuts and seeds are wonderful for a quick snack: almonds, walnuts, cashews and pumpkin seeds help you focus and improve your ability to learn.
- Stay hydrated! Drink plenty of water beforehand so your brain works at its best. Add a splash of a fresh lemon, lemon or orange to make it even more delicious! Try a calming cup of peppermint or chamomile tea.

FOODS TO AVOID BEFORE A TEST

- Avoid caffeinated drinks and foods- no coffee, soda or chocolate! Caffeine can make your heart race and make you even more agitated.
- Avoid high fat, high sodium foods. Greasy foods will make you feel sluggish and lead to "brain fog."
- Avoid excess sugar so you don't get a sugar crash midway through the test. Stay away from cookies, candy, cakes and other foods made with unrefined (white) flour.

