

FINALS FUEL



Feeling drained?
Get healthy food to fuel your studies.

What Research Suggests About Finals Fuel



You've got to eat

The brain uses 20 percent of your total daily calories. If it doesn't have fuel, it won't work any better than a car without gasoline. You must eat, and, for best results, choose foods that maximize brain function and keep you full during study sessions and tests.



Think fish

Salmon, tuna, sardines and shrimp are all packed with Omega-3s, which are said to boost memory and provide healthy fats that keep you full longer.



Planning to stay up late studying?

Try berries. Blueberries, raspberries, blackberries, strawberries: You name it. They are all full of flavonoids that research suggests reduce side effects from stress like sleep deprivation.



Nuts and seeds

Almonds, cashews, hazelnuts and pumpkin seeds, are full of vitamin E which research suggests improves cognition. Also, they're loaded with protein, which will help keep you satiated during long tests.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3258094/>
<https://www.nytimes.com/2017/05/01/dining/brain-food.html>
<https://www.webmd.com/diet/features/eat-smart-healthier-brain#1>

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Sale Event

The right food can help reduce stress, increase concentration and boost creativity.