

YOU ARE WHAT YOU EAT: your diet can improve or hinder your success



TOP TEN BRAIN BOOSTERS

1. **Porridge, Weetabix or Ready Brek:** slow-releasing energy at breakfast.
2. **Extra-lean grilled beefburgers:** rich in concentration-boosting iron.
3. **Grilled salmon :** rich in omega-3 oils for making brain cells.
4. **Boiled or scrambled eggs:** contain phospholipids for enhancing memory.
5. **Bananas:** bursting with potassium needed for memory.
6. **Water:** being dehydrated reduces concentration.
7. **Milk:** rich in protein which helps to increase alertness.
8. **Multigrain bread:** good for B vitamins, needed for concentration.
9. **Apples and pears:** great slow-releasing energy snacks to help fuel the brain between meals.
10. **Eat breakfast** – breakfast is the fuel which tops up the blood sugar after a night's fast. This is important to provide energy which boosts brain power and helps to get you kick started!

TOP 10 BRAIN DRAINERS

1. **Sugar-coated breakfast cereals e.g. Frosties or Sugar Puffs:** - these cause a rapid rise in blood-sugar levels, followed by a short, sharp energy low.
2. **White toast with jam:** also causes a rapid rise in blood-sugar levels, followed by a short, sharp energy low which can make you sluggish.
3. **Crisps:** contain lots of salt, which can be dehydrating and disrupt concentration.
4. **Orange squashes:** these contain E102 (tartrazine), which can make some people hyperactive.
5. **Cola drinks/fruit drinks:** rich in sugar and caffeine, can trigger the sugar rollercoaster which can over stimulate and hamper concentration.
6. **Cheap, fatty burgers:** little meat content, so little brain-boosting iron.
7. **Meat pies, cakes, biscuits:** contain trans fats, which hinder brain development and function.
8. **Boiled sweets, gums and Smartie-like confectionary** containing E104 and/or E110. Both can trigger hyperactivity and disrupt concentration.
9. **Iced cakes or buns:** packed with fat and sugar, which, when combined in large amounts, can make you sluggish.
10. **Energy drinks:** they may be called energy drinks, but they are packed with sugar, which, again, sets you on the rollercoaster of distracting sugar highs and lows.