

The Best Foods for

BODY & BRAIN

Student Edition

The average college student eats fast food 6 to 8 times per week.

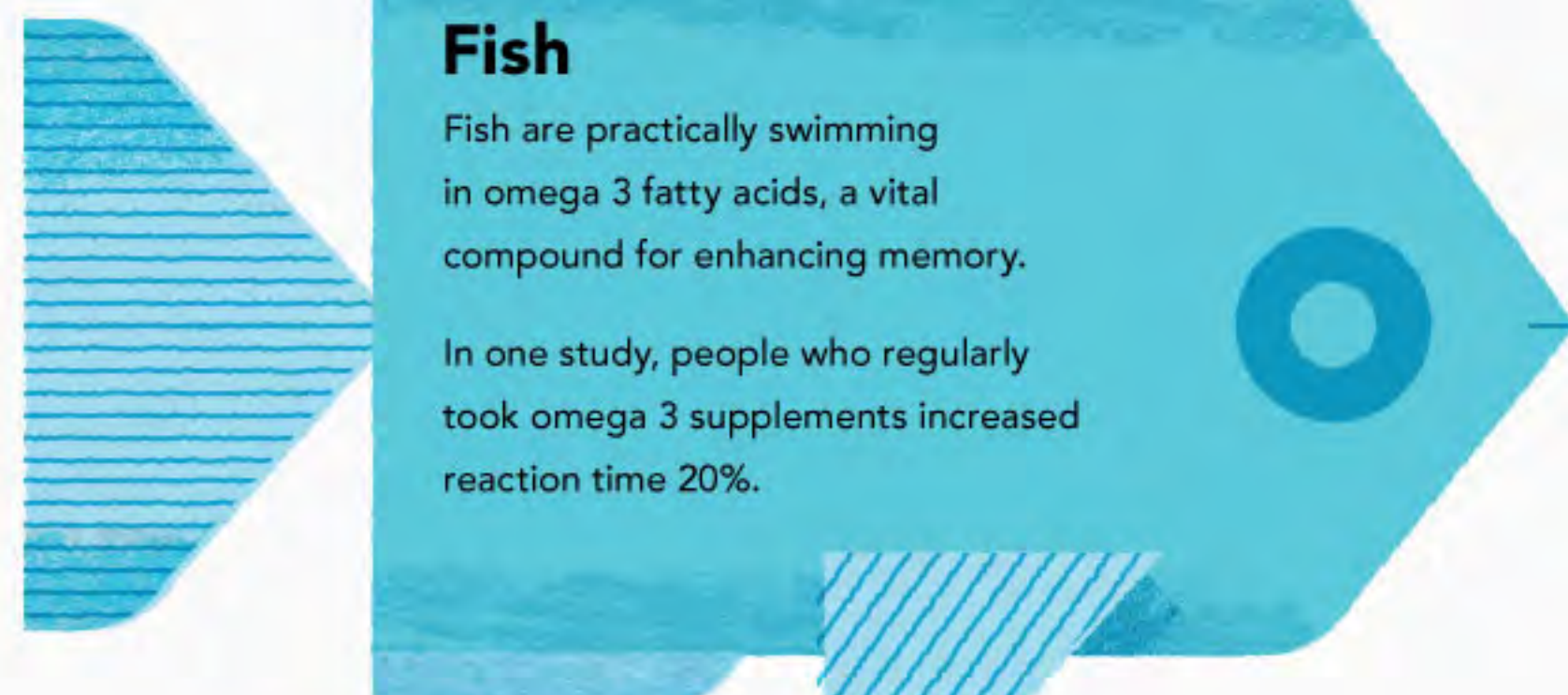
But fast-food fuel can put a damper on a student's daily activities.

Instead, improve study time, sleep, and stress with these power-packed bites.



The best foods for...

STUDYING



Fish

Fish are practically swimming in omega 3 fatty acids, a vital compound for enhancing memory.

In one study, people who regularly took omega 3 supplements increased reaction time 20%.



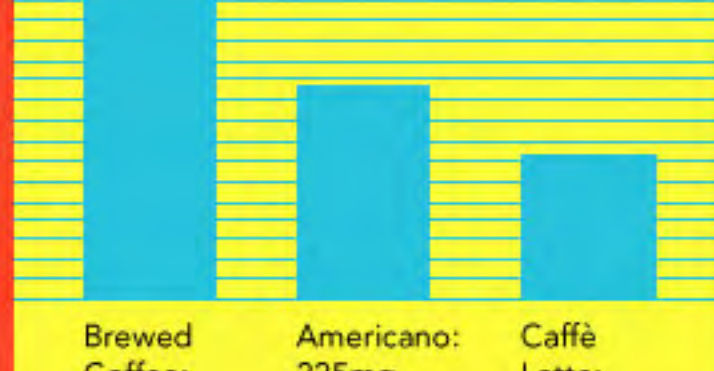
Coffee

Long touted for its wake-me-up abilities, coffee improves mental acuity.

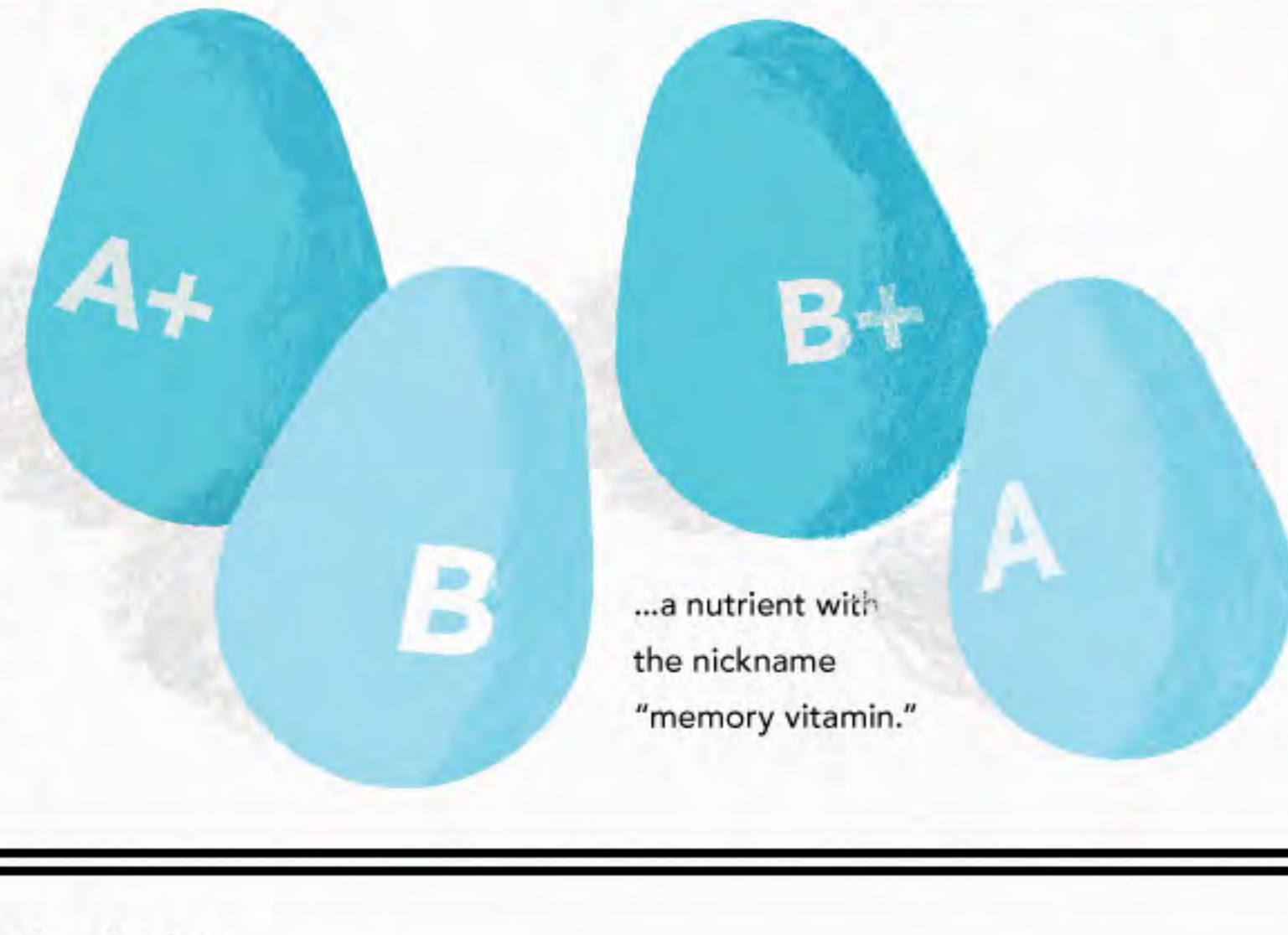
In studies, well-caffinated mice formed new memories 33% faster than the uncaffinated mice.

How much is in your drink?

Caffeine Content*



*16-oz Starbucks beverages



Eggs

Eggs are a rich source of choline...

...a nutrient with the nickname "memory vitamin."

The best foods for...

SLEEP



Cherries

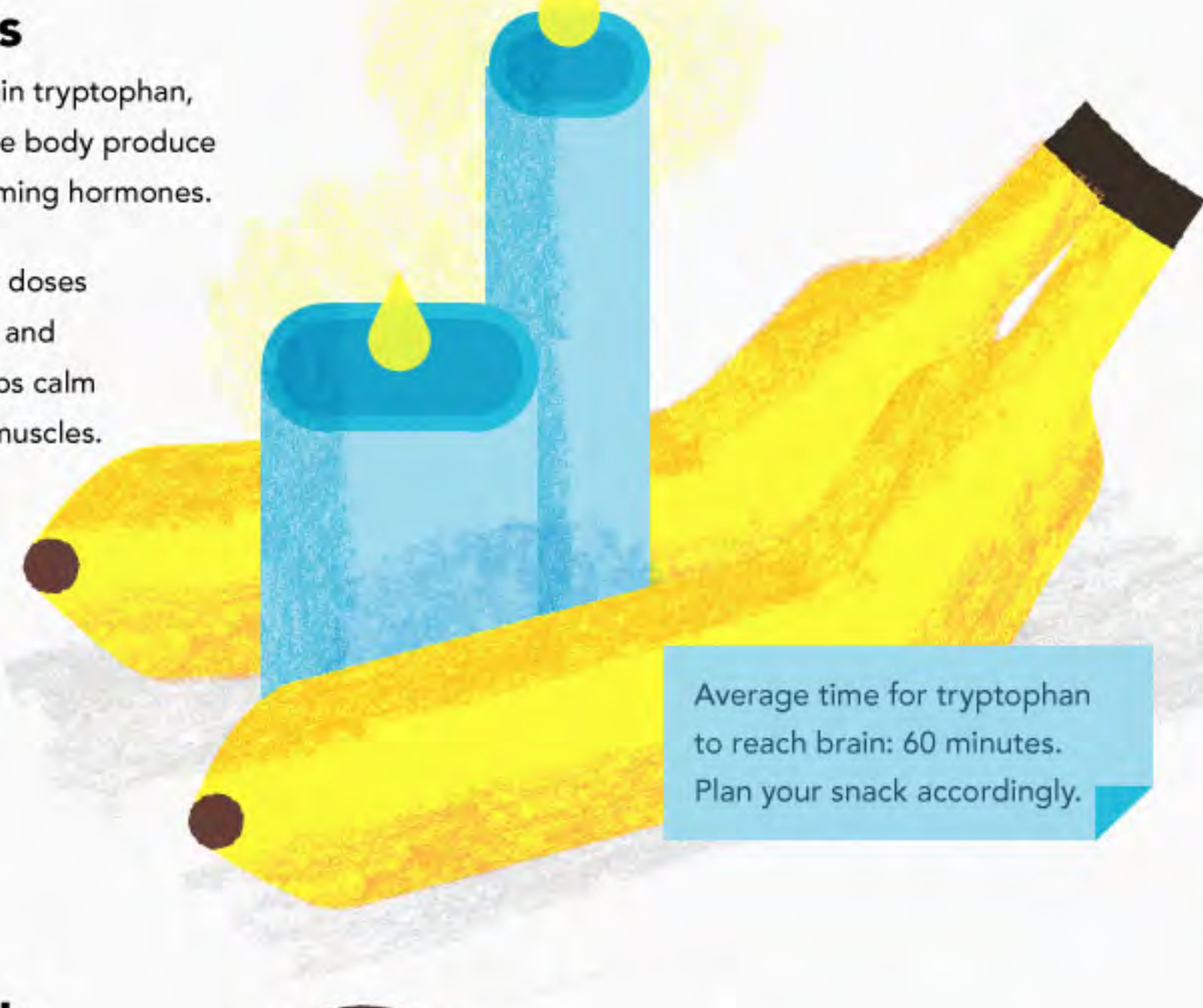
Cherries are the only natural food source of melatonin, a hormone that promotes sleep.

After drinking tart cherry juice, study participants slept for an extra 25 minutes each night.

Bananas

Bananas contain tryptophan, which helps the body produce the brain's calming hormones.

Plus, the hefty doses of magnesium and potassium helps calm overstressed muscles.



Average time for tryptophan to reach brain: 60 minutes. Plan your snack accordingly.

Almonds

Almonds contain magnesium, which promotes sleep and muscle relaxation.



Half a cup of almonds contains 48% of the daily recommended magnesium intake — now that's packing a punch.

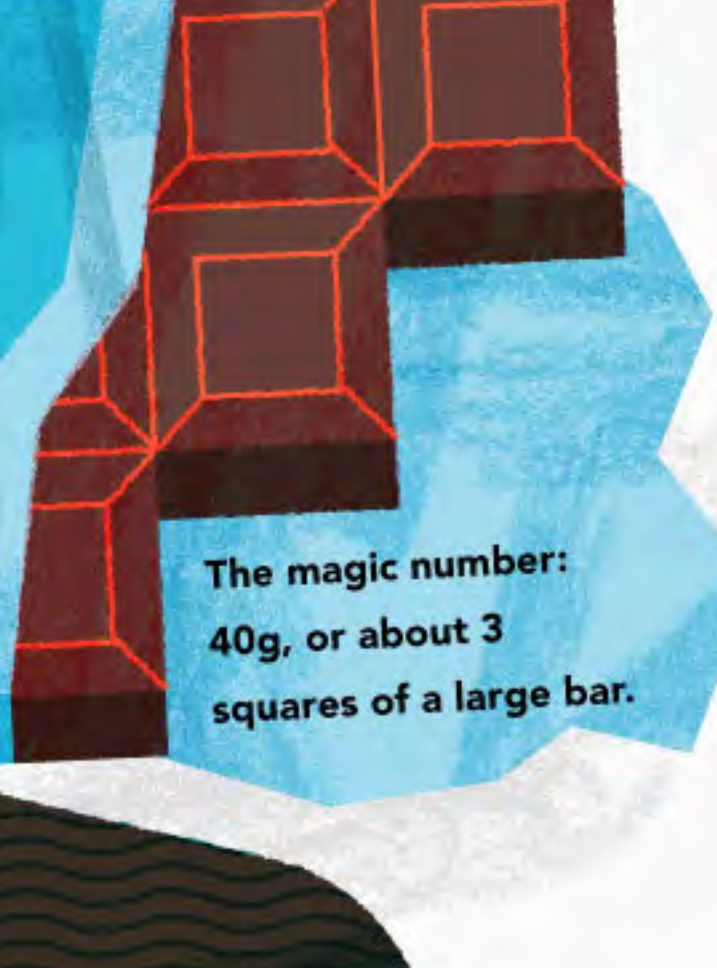
The best foods for...

STRESS RELIEF

Dark Chocolate

Music to our ears! Dark chocolate is packed with flavonoids, which improves blood flow and lowers blood pressure.

Plus, the caffeine content bolsters mental acuity for long study sessions.



The magic number: 40g, or about 3 squares of a large bar.

Avocados

These squishy fruits stress-proof your body.

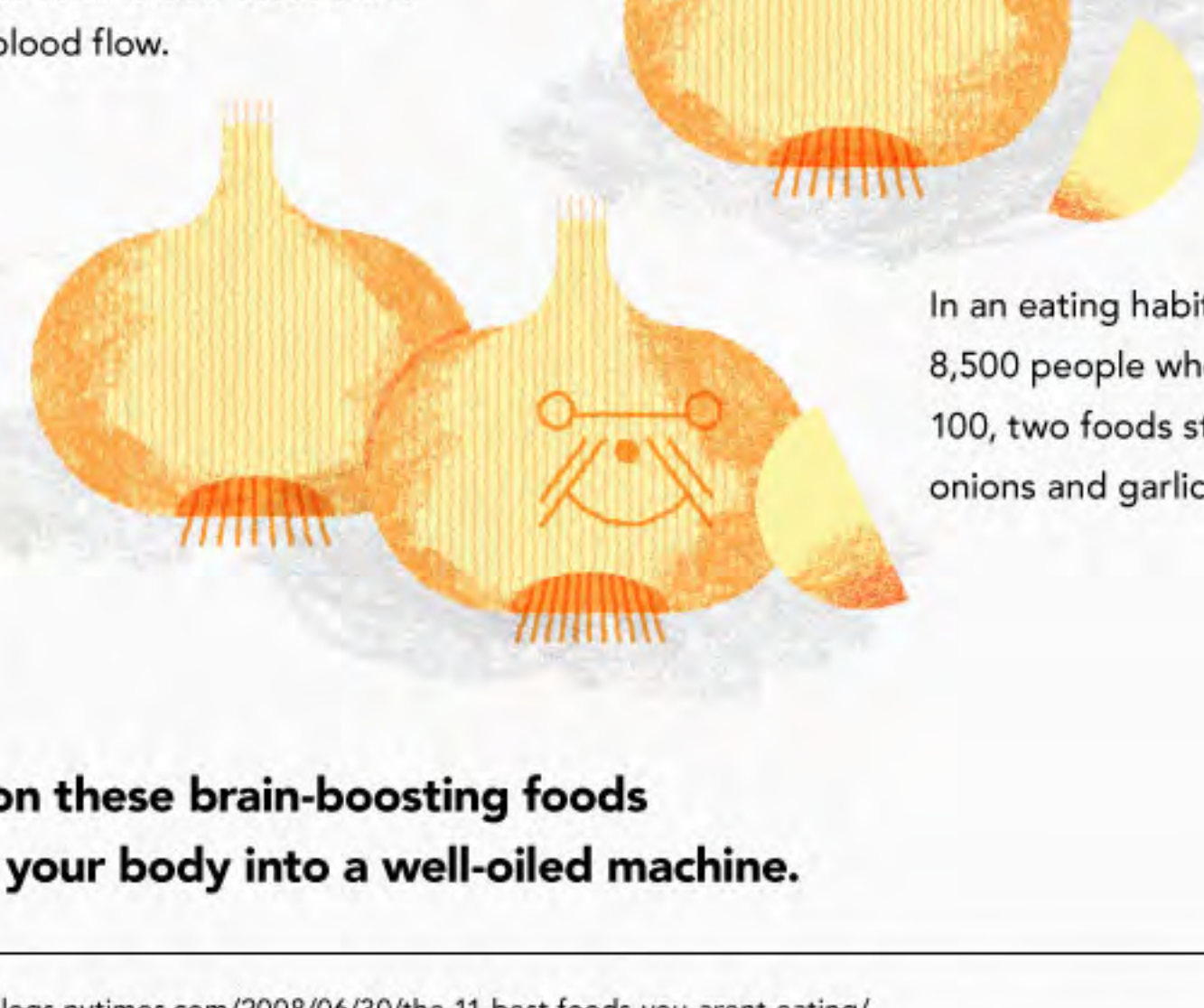
Avocados pack sky-high amounts of vitamin E, a key ingredient to strengthening the immune system.



IU = International Unit

Garlic

This vampire-deterrent has other powers too: this herb's antioxidants battles immune system invaders. Plus, garlic helps relax blood vessels and increase blood flow.



In an eating habits survey of 8,500 people who lived past 100, two foods stood out: onions and garlic.

Fill up on these brain-boosting foods to turn your body into a well-oiled machine.

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