Sleep Well, Eat Well for Better Brain Health

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Get Your ZZZZ’s:

* + Prepare your items for the next day
	+ Browse your class notes – helps for retention
	+ Create a relaxing routine 30-60 minutes prior to going to bed
	+ Try a warm bath or gentle stretching, avoid working out
	+ Keep a dark, quiet, cool, and comfortable space
	+ Set a schedule and stick to it (even on weekends!)
	+ Turn off all electronics at least 1 hour prior to bed
	+ Avoid caffeine, nicotine, sugar, and alcohol before bed
	+ Keep a notepad handy for random thoughts
	+ Don’t lie awake in bed – Try light reading or journaling instead
	+ Avoid late night meals and midnight snacks
	+ Turn your clocks, phones, light sources, etc. away from you
	+ Sleep until sunlight if at all possible
	+ Other?

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Tips for Top Nutrition:

* Know your body and how it utilizes food choices
* Biggest meal should be early in the day
* Eat lean protein and drink water prior to tough tasks
* Avoid fad diets
* Take a multi-vitamin
* Keep a food journal
* Aim for a “colorful” plate – avoid white foods
* Read package labels for ingredient info
* Make a grocery list to plan meal menus and snack attacks
* Prepare your own food
* Bring meals and/or snacks to school, work, etc.
* Order wisely when eating out
* Make smart substitutions when snacking
* Other?

Yeah for Brain Boosters:

**Apples Almonds** [**Avocados**](http://4mind4life.com/blog/2008/01/16/5-supercharged-brain-foods/) **Bananas**

**Blackberries** [**Blueberries**](http://4mind4life.com/blog/2008/01/16/5-supercharged-brain-foods/) **Celery Broccoli**

**Brown rice Brussels sprouts Cantaloupe Cashews**

**Cauliflower Cherries Rosemary Chicken**

**Collard greens Cranberries Dark chocolate** [**Eggs**](http://4mind4life.com/blog/2008/01/16/5-supercharged-brain-foods/)

**Eggplant Beets Flaxseed oil Green Tea**

**Lean beef Coconut oil Milk Oatmeal**

**Oranges Peanut butter Peas Plums**

**Potatoes Pumpkin seeds Raspberries Red cabbage**

**Red grapes Romaine lettuce Salmon Yogurt**

[**Spinach**](http://4mind4life.com/blog/2008/01/16/5-supercharged-brain-foods/) **Bone broth Strawberries Tomatoes**

**Tuna Turkey Walnuts Water**

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Boo for Brain Drainers:

* High fructose corn syrup
* Sugar
* Alcohol
* Soft drinks, especially with caffeine
* Energy drinks
* Gluten
* Vending machine goodies – salty and sweet
* Artificial sweeteners and colorings
* Preservatives
* Trans fat
* Fried foods
* Sweet baked goods
* Many microwavable items
* Nicotine, legal and illegal drugs
* MSG additives
* Other?



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**Handout info researched and created by Dana Kobold, FYE Coordinator (Revised SP 21)**