FINAL EXAM SURVIVAL KIT

1. OATMEAL
2. ORANGE
3. BLACK TEA
4. ALMONDS
5. CHOCOLATE
1. **OATMEAL**  Eat oatmeal, a whole grain complex carb to help keep you fuller longer and help the brain produce more serotonin.

2. **ORANGE**  Studies suggest Vitamin C can curb levels of stress hormones while strengthening the immune system.

3. **BLACK TEA**  Drinking black tea may help you recover from stressful events more quickly. Watch out for the caffeine in coffee as it can boost stress hormones & raise blood pressure.

4. **ALMONDS**  Almonds contain essential fatty acids which help to promote blood flow. This improves brain function as oxygen is efficiently delivered to the brain.

5. **DARK CHOCOLATE**  Dark chocolate contains antioxidants called flavonoids which help to improve blood circulation and brain activity.

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