BOOST YOUR BRAINPOWER

FUEL WELL FOR FINALS WEEK WITH ADVICE FROM OUR CAMPUS REGISTERED DIETITIAN

With the school year coming to an end, it’s prime time to boost your brainpower through good nutrition and health habits. This will set you up for success during the stress of finals week. Read on for the nutrients that you should be aiming for daily and where you can find them at the campus dining locations.

OMEGA-3 FATTY ACIDS
These healthy fats promote brain and heart health. They can be found in foods like salmon, walnuts and chia seeds. Look for omega-3 rich fish options on campus to pump up your protein intake while boosting brainpower.

B VITAMINS
Found in dark green veggies, eggs, animal-based proteins and whole grains. B-vitamins like riboflavin, thiamine and biotin are key nutrients for the mind. Load up on B-vitamins at the salad bar or create a grain-based bowl to fuel your way through finals.

MAGNESIUM
Nuts, seeds, yogurt, bananas, leafy greens and dried fruit all provide magnesium, an important nutrient that supports the brain and improve mood. Start your morning off with a yogurt parfait with fruit and nuts or snack on trail mix throughout the day to be sure you’re getting your fill of magnesium!

ZINC
Zinc helps to boost our immunity as well as our brainpower, so look for it in seafood, meat and poultry, spinach, beans, cashews and whole grains. Create a zinc-rich meal with a leafy green base and lean proteins and whole grains.

VITAMIN C
In addition to helping us prevent sickness, especially in times of stress, vitamin C helps to lower blood pressure and cortisol levels. Reach for citrus fruits, bell peppers, cruciferous veggies and leafy greens to incorporate more vitamin C.

HYDRATING FOR HEALTH

CHIA LEMON ICED TEA
Ingredients: 1 quart hot water, 4 tea bags, 1/4 cup lemon juice, 2 tbsp chia seeds, Ice cubes as needed
Method: Brew tea in hot water for 3-4 minutes. Remove bags and allow to cool. Add fresh lemon juice and chia seeds. Stir before pouring over ice. Yields 4, 8 oz beverages.

FRESH CITRUS AGUA FRESCA
Ingredients: 2 tbsp lemon juice, 3 cups water, 1/2 cup 100% grapefruit juice, 1/2 cup 100% orange juice, 2 each lemons, sliced in half
Method: Combine all liquids, chill completely. Yields 4, 8oz beverages.

Still have questions? E-mail campus dietitian Amanda Reichardt at amanda.reichardt@stonybrook.edu.
1. **Exercise** produces nerve-protecting compounds and greater blood flow to your brain – this helps your brain to work at maximal capacity! Find an activity you enjoy and try to fit it into your busy finals schedule to give your brain that extra boost.

Check out these exercise options:
- **Yoga** can improve mood, concentration, enhance cognitive performance, and even prevent cognitive decline in older adults.
- **Aerobic exercise** improves brain-processing speed.
- **Strength training and cardiovascular exercises** increase endorphin levels and improve your overall mood.
- **Dancing** involves mental challenges like coordination and planning, and may protect against cognitive decline – it’s also a fun and creative way to release some stress.

2. **Sleep** is necessary to maintain cognitive skills such as learning, concentration, and memory. Adequate sleep helps to reset your brain and allows you to look at problems with a different perspective. Stay in tip top studying shape by getting enough sleep each night.

3. **Listen to Music** while exercising or studying to improve mental functioning. Pick a tune that you love to stimulate some brain power and put yourself in a good mood!

4. **Challenge Your Mind** by trying new activities, which stimulates the release of dopamine. Try some of these activities to strengthen your brain:
   - Sudoku
   - Crossword Puzzles
   - Brain Puzzles
   - Read a new book
   - Take a new route home

**BONUS BRAIN BOOSTERS!**

LOOK BEYOND THE CAFÉ FOR WAYS YOU CAN REFRESH, RESET, AND BOOST YOUR BRAINPOWER FOR FINALS WEEK.

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**5 SMART PHONES APPS TO BOOST BRAINPOWER**

1. **Lumosity** helps to improve memory, problem solving skills, flexibility of thinking, and processing speed. Sharpen your mental focus by playing the brain stimulating games offered on this app. You can track your progress and even compete with your friends!

2. **Personal Zen** will help you view the world with a more positive perspective. Explore the world you create through this app and help the lands restore calmness and zen. Utilize the journey and skills developed on this app in your own life to help reduce feelings of stress and anxiety.

3. **Happify** will teach you how feel your feelings and create a set of mindful tools to help you cope with your natural feelings and thoughts. Using this app will gradually teach your mind life-changing positive habits to conquer negative thoughts, cope with stress, empathize, and show gratitude. The goal is to keep users smiling all day and build these positive skills which are essential ingredients for a happier and fuller life.

4. **Positive Activity Jackpot** gives you easy access to nearby activities to take your mind off of negative thoughts and stressful feelings. Can’t decide what activity to do? Utilize the “pull the lever” function and let the app decide for you! Use this app to fill your day with fun activities!

5. **Fit Brains Trainer** will stimulate and challenge your brain to perform at its best! This app has tons of puzzles and games to improve your mental agility. The games get harder as you improve to continually challenge you and provide a great brain workout.