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It's the morning of your exam! Nutrition is key to your mental performance and sustained energy during the exam!

Start your day off right! Breakfast is best!

Cereal breakfast:

- High fibre cereal (E.g. All Bran, Hi Fibre Bran, Oats, Pronutro Wholewheat)
- Sprinkle 1 teaspoon of cinnamon
- Add some low fat yoghurt or milk.
- Add one (or both) of the following:
Add 1 – 2 tablespoon of mixed seeds (sunflower, sesame, pumpkin and linseeds)
and/or
Add about 8 – 12 raw nuts (e.g. almonds, walnuts)
- Add a sliced banana or apple

Toast and protein breakfast:

- Low GI or rye toast with 1 – 2 tablespoon of peanut or nut butter (sugar free) with sliced banana OR
- Low GI or rye toast with baked beans, ½ tub low fat chunky cottage cheese and ¼ avocado OR
- Low GI or rye toast with a poached/boiled/scrambled egg with added olives/avocado and small bowl of mixed berries

Muffin breakfast:

- Low GI muffin with some low fat chunky cottage and a boiled egg on the side.
- Add a side portion of fruit salad with mixed raw nuts plus mixed seeds!

Smoothie breakfast:

- Blend together ice, low fat milk (add about 125ml low fat yoghurt) and 2 – 3 fruits (e.g. banana and 1 cup of frozen berries and ½ cup paw paw). Add 2 - 3 tablespoon of mixed seeds with about 8 – 10 raw nuts. Add 1 tablespoon of wheatgerm!

Smart snacks during your exam

Trail mix
Biltong slices
Dried fruit
Mixed raw nuts
Trail mix
Popcorn
Peanuts and raisins
Bananas (or any fruit)
Peanut butter sandwich (make with low GI bread)
Peanut butter on Provitas
Cheese wedges
Health bars (e.g. bokomo breakfast bar, nut/seed bars, simply cereal bars, jungle berry and cranberry bar, etc....)
Smoothie (bought from Woolworths)
Super C

Smart beverages during your exam

Bottles of water (add slices of fruit like berries, oranges, lemons, limes, mint leaves, parsley, etc... for more colour and inspiration!

Make your own low calorie invigorating sparkling water (e.g. half soda water half 100% apple juice, add mint leaves and orange slices with cinnamon sticks)

Homemade iced tea

Recipe 1: in 1 litre of boiling water leave 2 x Apple and Cinnamon teabags. Add 250ml apple juice, mint leaves and cinnamon sticks. Allow to infuse. Remove teabags and cool with ice cubes).

Recipe 2: in 1 litre of boiling water leave 2 x Ginger and Orange teabags. Add slices of raw ginger, orange slices and 3 tablespoons of raw honey. Allow to infuse. Remove teabags and cool with ice cubes).

100% fresh fruit juice

Appletiser, peartiser, grapetiser range