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BY CATER CARE

for boarding school and residential students

nutrition fact sheet



Fueling minds for success

Proper nutrition plays a crucial role in supporting optimal brain function and enhancing learning abilities among students. A well balanced diet provides essential nutrients that contribute to cognitive development, concentration and overall academic performance. Making healthy food choices is vital for the physical and mental well being of students. In this fact sheet we discuss some tips and strategies to making informed choices for better learning power.

KEY MESSAGES

Nutrition plays an important role in supporting optimal brain function. Some strategies to support brain health include -

- Including food from each of the **five food groups** every day.
- Consuming foods rich in **omega-3** fatty acids, **antioxidants** and **iron**.
- Staying **hydrated** throughout the day.
- Choose **healthy snacks** and limit processed snacks high in sugar or unhealthy fats.
- Include a **healthy breakfast** every day which includes **unprocessed carbohydrates and protein**.
- **Limit sugary drinks** such as soft drink, energy drinks, cordial and juice.

Importance of a balanced diet

A balanced diet includes a variety of food from each of the five food groups every day. These food groups are fruit, vegetables, dairy, meat and grains.

Each food group provides unique nutrients that support different aspects of the brain and overall well being.

Hydration

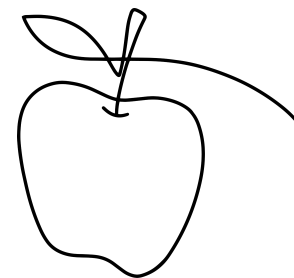
Staying hydrated is crucial for optimal brain function. Aim to drink water throughout the day and remember you may need extra hydration when exercising or in hot weather. Dehydration can lead to fatigue, difficulty concentrating and decreased cognitive performance.

Remember to snack

Choose healthy snacks that are based on one of the five food groups as its main ingredient. Limit snacks which are high in sugar and unhealthy fats as they can lead to energy spikes and crashes.

Healthy snack options include:

- Fruit/muesli with yoghurt
- Wholegrain toast with peanut butter
- Crackers/vegetables with hummus



Don't forget breakfast

A nutritious breakfast fuels the brain and can enhance concentration. Aim to include a breakfast that includes grains (cereal or toast) and protein (eggs, cheese, yoghurt or milk). Some healthy breakfast options include -

- Porridge with berries
- Untoasted muesli and yoghurt cups
- Wholegrain toast with peanut butter
- Weet-Bix with milk
- Smoothie with milk, fruit and oats
- Eggs on wholegrain toast
- Wholegrain toast with ricotta cheese



For more information, please scan the QR Codes

Victorian Government - Food, Mood And Learning Outcomes



Limit sugary beverages

Consuming too much sugary beverages can lead to energy crashes and may contribute to a loss in focus. Sugary beverages include soft drink, cordial, energy drinks and juice. Water is always the best choice to brain health and hydration.

Key nutrients for brain health

Some specific key nutrients for brain health include:

- **Omega-3 fatty acids** - supports cognitive function and helps to maintain a healthy nervous system. Foods rich in omega-3 include fatty fish (salmon, sardines), flaxseed and walnuts.
- **Antioxidants** - protect the brain from oxidative stress and inflammation. Antioxidants are commonly found in coloured fruit and vegetables.
- **Iron** - transports oxygen to the brain and supports cognitive function. Iron is commonly found in lean red meat, beans and fortified cereals such as Weet-Bix.

Healthy Food Guide - What To Feed Your Kids For Better Learning Power

