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soundbyte

During exams, students spend long hours studying and staying awake. Intake of the right food in small quantities will keep them stimulated and alert.

Dr Nupur Krishnan,
clinical nutritionist

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'Eat frequent but small meals'

For students awaiting their board exams, every minute away from their textbooks might seem like time wasted. However, apart from preparing their mind, they need to strengthen their bodies by consuming the right food, says Dr Nupur Krishnan, clinical nutritionist and director of biologic healthcare while speaking to ***Priya Ramakrishnan*** *on the diet students should follow during the exams.*

exam fever'09

What role does eating right play in a student's life during exam season?

During exams, students spend long hours studying and staying awake. Intake of the right food in small quantities will keep them stimulated and alert. If a student has a heavy lunch of oily food, he will be unable to study immediately. Some foods induce sleep, while others keep you energised, so it is of utmost importance to avoid certain food during exams.

Are there food items that improve memory and concentration?

Almonds, walnuts, pumpkin and sunflower seeds, cucumber and watermelon will help in improving memory and concentration. It is not necessary to soak almonds overnight.

What diet should they stick to during exams?

It is advisable for students to have small and frequent meals. Parents should not feed them oily food rich in carbohydrates, as this will induce sleep. Also, students should not stuff themselves to full during exams. Small meals at frequent intervals will do them good. Plenty of fruits and vegetables, idli, poha, green tea, coconut water, amla juice, bhel and rotis can be had for breakfast, lunch and dinner.

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NUTS AND MELONS: Almonds, walnuts, pumpkin cucumber and watermelon help improve memory

Dr Nupur Krishnan
Cilnical nutritionist

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What food they avoid to stay alert?

Fried food, milk and yoghurt products, rice, cakes and pastries, soft drinks, bread and refined products will not help them during exam time.

Should they take supplements such as multivitamin tablets, iron and calcium?

It is safe to avoid such supplements during exams, unless prescribed by a practising physician.

If you have any queries or need exam-related advice, please email us and we will get our experts to answer you. Send in your doubts at dnacity@dnaindia.net