



Proper Nutrition for Entrance Exam

Nutrition for Entrance Exam

Dr. Majid Ghayour Mobarhan

Nutritionist from the UK

► Nutritional tips for students ◀

Nutrition has a significant impact on memory and the success of people in the entrance exam, so it is necessary to have a suitable nutrition model from the beginning. We will explain some of these nutritional points below:

- It is better to eat five meals a day instead of 3 meals; increasing meals during the day will reduce blood cholesterol and keep people's blood sugar balanced.
 - Take water consumption seriously and drink plenty of water during the day because water consumption will reduce fatigue and depression.
- It is necessary to consume foods containing minerals such as iron, calcium, magnesium, zinc, and selenium, which play an essential role in learning ability, strengthening the immune system, and accelerating the growth process.
 - Mineral foods include liver, chicken, meat, walnuts, wheat, fish, wheat germ, and other whole-grain foods.



- Dates are also rich in phosphorus and calcium, and their consumption stimulates nerve cells and strengthens memory.
- Include foods containing serotonin, which include citrus fruits and fruits such as bananas, in the diet.
- Eat fresh vegetables when eating or as a snack that will prevent forgetfulness and memory impairment.
- Do not forget to eat soft foods such as buttermilk, milk, yogurt, barley soup, mushroom soup the night before the exam because it will help reduce the stress.



Adherence to the standard food pyramid and the use of diverse and proportionate food groups in a balanced way can meet all the needs of the body.

The students endure challenging and stressful days every year before the exam, but this year the situation is different from previous years and has become even more difficult.

►The importance of feeding students ◀

It is essential to know that eating all days of the year and eating breakfast has a significant effect on memory and learning lessons. Also, the inclusion of complex carbohydrates such as slices of bread and cereals, especially whole grains in breakfast, causes the gradual release of blood sugar and its relative stability throughout the day and improves the memory system's efficiency.



products, and vegetables. Some people believe that taking supplements can have a more significant effect on various foods, but this is not the case. Most of these supplements are useless, but in some cases, the preservatives used in them can have both indirect and indirect effects on the process of learning and concentration.

Diverse food groups include bread, cereals, meat and meat products, fruits, dairy