



**HARRISON**  
EAT WELL LIVE WELL®

# NUTRITION TIPS FOR STUDENTS DURING EXAM SEASON

## When you are studying



Get up and stretch every hour



Get active every 3-4 hours, ideally outside



Eat a balanced meal or snack every 3-4 hours



Sip water throughout the day and don't overdo the caffeine



Try to sleep at least 8 hours a night

## On exam days



Eat a balanced breakfast with slow-release carbs



Sip water throughout the day



Manage nerves with mindful breathing



Snack on fruit and starchy carbs to keep you going

[WWW.HARRISONCATERING.CO.UK](http://WWW.HARRISONCATERING.CO.UK)

✉ [INFO@HARRISONCATERING.CO.UK](mailto:INFO@HARRISONCATERING.CO.UK)

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