

What's the best exam-day breakfast?

Carbohydrates



Whole grains
(e.g., bread, bagels, cereal)



Fruit (fresh, puréed,
or canned)

**Natural sugars are
the brain's main
source of fuel**

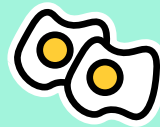
Protein



Almonds



Peanut
butter



Eggs



Cheese

**Protein improves
focus and attention**

Hydration



Water



Vegetable
juice



Vitamin-enriched
vegetable drinks

**Water is the best
choice for staying
hydrated!**

These are general recommendations that can be adapted to your child's tastes and dietary needs.
Head to alloprof.qc.ca/en/parents for more resources.

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