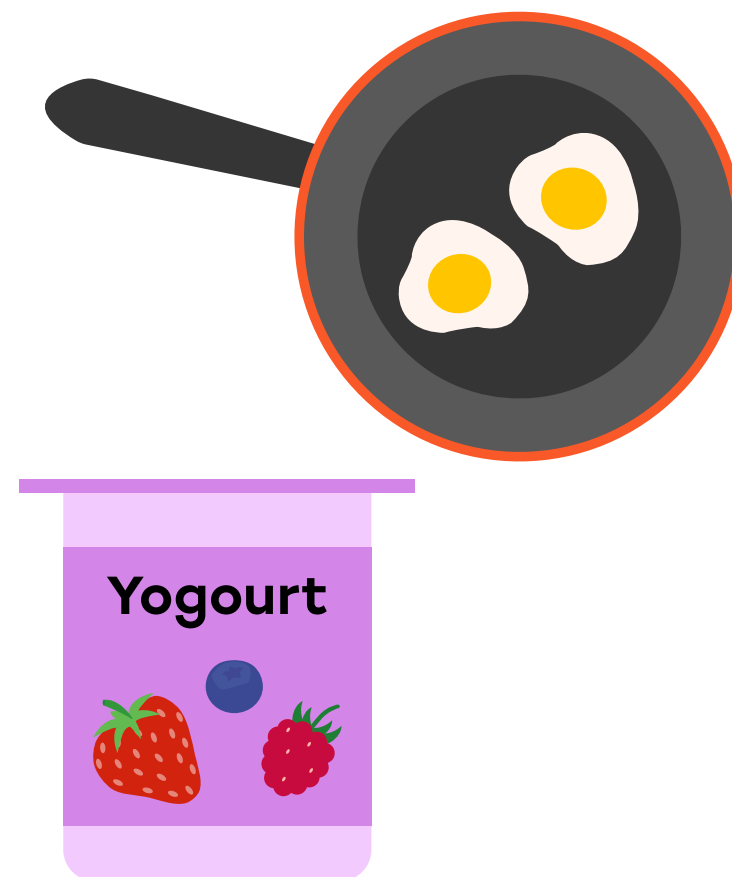


Building a Balanced Exam-Day Breakfast

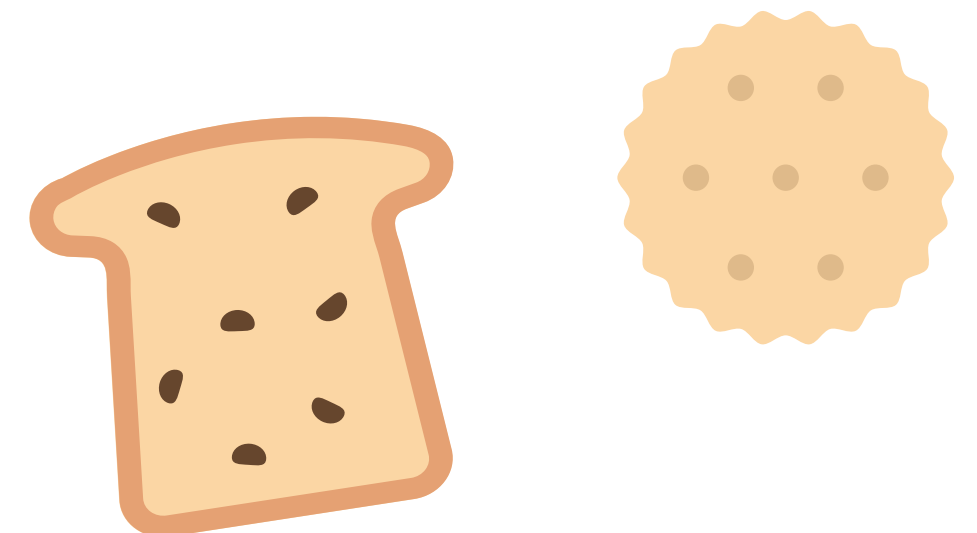
Proteins (for focus and fullness)

- Eggs
- Nuts and seeds
- Peanut butter
- Dairy products
- Soy-based foods
- Hummus



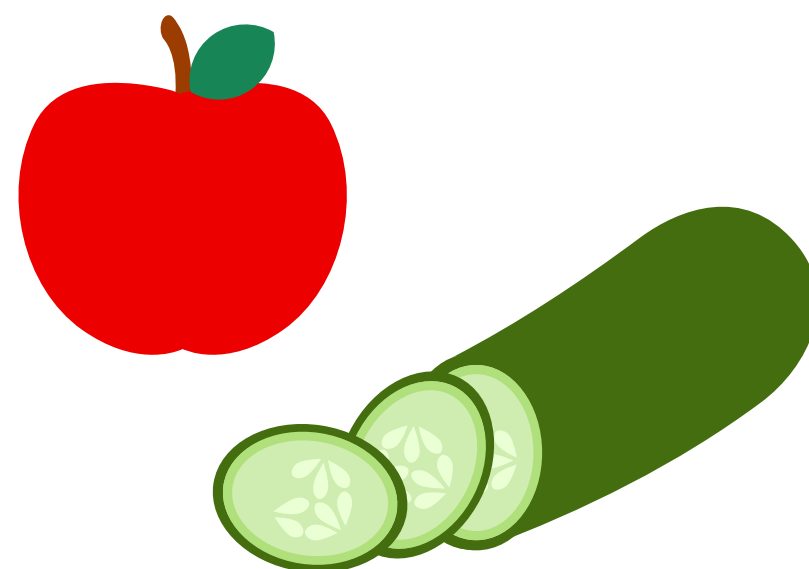
Whole-grain foods (for long-lasting energy)

- Quinoa
- Whole-grain bread or crackers
- Whole-grain oatmeal
- Granola



Fruits and vegetables (for vitamins and fibre)

- Apples
- Peaches
- Berries
- Celery
- Peppers
- Cucumbers



Water (for hydration)

Psst! Don't forget to drink water during your exam!

