

## NEWS

# Exams Getting You Down?

## Best Brain Food Tips

Beth Lassaline  
Reporter

Looking for that extra edge during exams?

Many studies have shown that what you eat affects your body's functioning. So here is what you need to know.

**CARBOHYDRATES** can offer the body a continuous supply of much needed glucose, that will keep your energy levels up and feeling of fatigue at a minimum. But, filling up on any and all carbs is not a good idea though. UPEI English Sessional teacher Suna Houghton-Mooney is a strong advocate of healthy living.

"Carbs are not scary, they are actually very good for you, I recommend eating a good mixture of whole grains, like multi-grain cereals, breads and pastas," she said. Paired with some vitamin C packed oranges or any other fresh fruit, your body won't experience fluctuations in its energy levels. Houghton-Mooney encourages her students to avoid certain foods. "Nothing white, nothing refined and nothing with added sugars." Sugary snacks like candies and cookies "give you an immediate

burst of energy, but it's not long lasting," she added.

**OMEGA-3 FATTY ACIDS** are found especially in nuts and salmon. Recent studies have shown that when men and women who were middle-aged supplemented their diets with several servings of salmon per week, they were found to have an increased capability of mental flexibility as well as greater memory. When choosing salmon at the supermarket, be sure to choose wild salmon, as the verdict is still out on the benefits of farm raised salmon.

A single handful of plain nuts not salted or sweetened are more than enough of the daily recommended intake of omega-3 fatty acids. One of Houghton-Mooney's favourite power snack ideas is a homemade mixture of nuts and raisins. "You can buy raw nuts and toast them yourself in the oven." This healthy snack will sustain your blood glucose levels throughout the day.

**YOGURT** that is sugar free is also a brain super food as it contains the amino acid, tyrosine. As you become increasingly stressed, your brain

### Meal Options

**Breakfast:** whole wheat toast spread with Marmite (a yeast extract that is packed with vitamin-B), or sugar free peanut butter and a glass of OJ

**Snack:** roasted nuts with golden raisins, water

**Lunch:** Spinach salad with hard boiled eggs, easy on the dressing, water

**Supper:** Whole wheat spaghetti noodles with ground chicken or ground turkey meat sauce, 1% or skim milk

**Snack:** Sugar free yogurt with blueberries, herbal tea

begins to lose some of its supply of tyrosine. Adding a cup of yogurt as a dessert or a mid-day snack is an excellent way to supplement your diet.

**EGGS** in the morning will keep you going all day. Eggs have been found to be a source high in choline. Health researches say that increased amounts of choline in the body can boost alertness, memory and reduce stress. If that's not enough, choline has also been linked to ward of fatigue

**VEGETABLE JUICE** is for those who just can't seem to make the time to eat the recommended serving of

veggies! "Veggie juice is my secret, especially President's Choice, as it has no sugar added," Houghton-Mooney said.

**CINNAMON** has recently been found to increase cognitive ability through smell. Test subjects who simply smelled cinnamon were said to have increased mental capabilities. Who knew?

So remember the things you have always been told, eat your breakfast, eat your veggies, drink lots of water and try to limit coffee and pop. Good luck with exams!

Jarrod Yeo  
Contributor

### Tid Bit:

Yeo is a student in the journalism program at Holland College

Staying warm and dry at the bus stop won't be impossible this winter.

In its first meeting since the Nov. 7 municipal election, Charlottetown city council voted unanimously to authorize Trius Tours request to purchase 12 bus shelters for distribution throughout the city.

At a cost of up to \$125,000, the plan will use funding under the New Deal Public Transit Funding Agreement and includes supply, installation and benches.

The motion was moved by deputy mayor Stu MacFadyen, who

## Council gives bus shelters green light

said public transportation has proven to be a valuable service to Charlottetown.

"It's very important to a lot of residents. A lot of people like students and seniors use it everyday, so it's important that we keep it up to standard."

The idea is to build 11 4x8 shelters at the service's busier locations, including a Victorian-style 4x16 shelter in front of the Confederation Centre, he added.

"The shelter will provide a place people can keep out of the wind and rain, and the design will coincide with the history of our great city." It's scheduled to be built by early December.

Bobby Dunn, general manager of Charlottetown Transit, said

passengers have been asking for shelters since the service hit the streets.

"It's tremendous. It's always disheartening when the weather is bad for people to stand out in the elements and wait for the bus. We're convinced if we get the shelters up that they will protect the customers."

The shelters will also serve as a promotional tool for those who don't use the bus.

Dunn said the bus is the only option for many residents.

"It's a genuine need for those who don't have the economic means to own their own vehicle," he said. "It cuts down on insurance, fuel prices and car repairs right off the bat."

If the number of passengers determines success, Dunn is right. In its first month of operation in Oct.

2005, 4,788 passengers took the bus. A year later, the number more than doubled to 10,652.

If all continues to go well, Trius Tours will request 40 more shelters in the coming years accommodate every stop in the city.



The Cadre Team wishes you the best of luck in all your exams

Have something to say? email us!  
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