

# Brain Food FOR FINALS



**ENCOURAGE HEALTHY HABITS  
DURING FINALS WEEK**

With Spring Semester finals underway, help your students by offering foods that boost brain function. Use ingredients like egg, avocado, citrus,

chicken, fish, and nuts in breakfasts, lunches, and snacks for students to grab between classes and studying. Try the recipes below for nutritious meals and healthy snacks.



## BALANCED MEALS

A full meal needs carbohydrates, protein, fats, and fiber. All the nutrients work together to increase energy and satisfy hunger longer. Offer balanced meal options for breakfast, lunch, dinner, and even late night for students who need to stay up late to submit projects on time.

Make some Huevos Rancheros-Inspired Chicken Sausage Breakfast Sandwiches for a delicious, filling start to the day. Eggs are a good source of B-6, B-12, and folic acid, which improve brain function.

[Get the Recipe!](#)



## HEALTHY SNACKS

Serve snacks in to-go containers for students to take to their favorite study spaces. Students might want to opt for junk food and soda, but you can put up signs reminding them that the healthier options will help fuel their brains for better results on projects and exams.

Serve this Avocado Mango Chicken Salad on sandwiches, wraps, lettuce, or with crackers. Avocados are monosaturated fats, which can reduce high blood pressure and assist blood flow to the brain, thus helping with long study sessions.

58% of Gen Z diners eat something globally-inspired once a week.<sup>1</sup> This fresh mango salad will appeal to students looking for globally-inspired flavors instead of a basic salad.

[Get the Recipe!](#)

Sell Pumpkin Seed Hummus as a snack with pretzels or use it in place of mayonnaise on sandwiches. Pumpkin seeds are a great source of magnesium, zinc, iron, and copper, which are important for brain health.

Make this Pumpkin Seed Hummus:

- 1-15 ounce can chickpeas, drained (reserve ¼ cup can liquid)
- 2 Tbsp. fresh lemon juice



- ¼ tsp. salt
- ¼ tsp. black pepper
- ½ tsp. cumin, ground
- ¼ cup tahini
- ¼ cup reserved chickpea liquid
- ¼ cup raw pumpkin seeds



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Want personalized tips and product ideas for your C&U  
operations? Contact us to talk to your Brakebush rep!

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Source 1: Food-Management. "Global Foods Appeal to Young Diners." 2022.



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