



Healthy Eating Tip Sheet

Many university students are new to grocery shopping and meal preparation. When things get busy with assignments and other commitments, you can rely too much on 2-minute noodles or takeaway foods that are not the most nutritious. Do you know which foods and nutrients help your brain function optimally and keep you healthy for study and life throughout semester?

The ***Food for the Brain*** course developed by Dr Olivia Wright and colleagues (School of Human Movement and Nutrition Sciences, UQ) is a 4-session online course conducted 'live' in small groups. Based on the latest research evidence in nutrition science, the course teaches you:

- How to navigate fresh food markets and supermarkets
- Meal planning and preparation skills
- Managing your budget in relation to food
- Building cooking skills
- Social and cultural connections through sharing food
- How to tackle those fad diets

The ***Food for the Brain*** course is FREE for first year UQ students, and groups will start in week 3 and later in semester. Sign up now: info@sharperminds.university

N.B. If you are enrolled in PSYC1030 or NEUR1020, you can earn up to 6 credits research participation. Sign up via the SONA system <https://uqpsych.sona-systems.com> and look for the Sharper Minds project listings.

Sogari, G., Velez-Argumedo, C., Gomez, M.I., Mora, C. (2018). College Students and Eating Habits: A Study Using An Ecological Model for Healthy Behavior. *Nutrients* 10(12), 1823. DOI: <https://doi.org/10.3390/nu10121823>

Aridi, Y.S., Walker, J.L., Wright, O.R.L. (2017). The Association between the Mediterranean Dietary Pattern and Cognitive Health: A Systematic Review. *Nutrients* 9(7), 674. <https://doi.org/10.3390/nu9070674>