

Keep your brain fed to be your best at assessments/evaluations

These are ideas to help you do better at an evaluation. Research shows that when you don't eat, you are more likely to be anxious, irritated and say and do things that are not helpful.

Eating protein every 2–3 hours during a stressful day keeps nutrients going to your brain so you can stay calm and focused.



At an evaluation, **it is normal to feel upset**, nervous, shaky, have a headache, and to not feel like eating.

Food will help decrease the physical symptoms of being upset because your brain will have more nutrients. **It is important to eat breakfast** and meals throughout the day.

Prepare for your visit by eating some breakfast. **If you are not feeling hungry and/or your stomach has butterflies**, you can **drink some nutrients**, such as

- Milk
- Juice
- Protein shakes: Muscle Milk or Odwalla

Protein is smart brain food. Foods that have protein in them are chicken, hamburger, pork, turkey, eggs, peanut butter, beans, tuna, tofu.

Eating anything is better than eating nothing, and protein helps you think and perform best.

Be careful about drinking more caffeine or energy drinks than you normally drink. Extra caffeine can add to your anxiety, irritation or agitation.

(cont'd)

Please consult with your doctor before changing your diet.

Created by the Court Improvement Training Academy at www.uwcita.org and Dr. Kristen Allott at KristenAllott.com

Ideas for brain smart foods for an assessment/evaluation

Brain foods you can buy at QFC/Albertson's/Safeway/Grocery Outlet/Winco are:

- Cliff bars
- Peanut butter
- Can of tuna
- Western Family Mac & Cheese
- Pepperoni
- Muscle Milk/CorePower Protein Shake
- Dozen eggs


Fast foods, gas stations and food trucks:

- Egg sandwich, hamburger, tacos, burritos, hotdogs
- Chicken sandwiches, chicken nuggets

Food to make at home:

- Boiled eggs: In a pot of boiling water, let whole eggs boil for 8 minutes. Rinse in cool water. Peel shell to eat
- Peanut butter sandwiches
- Lunch meat sandwiches
- Chicken for chicken sandwiches
- Bean burrito with cheese
- Peanut butter with apple or carrots
- Canned tuna with mustard as a sandwich

Bring a bottle for water to drink.

 Remember: **Eating anything** is better than eating nothing, but consuming protein helps you **think and perform at your best.**

Please consult with your doctor before changing your diet.

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