



## Healthy Eating Information 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 the 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 course conducted in 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 all UQ undergraduate students**.  
**Sign up now:** [sharperminds@uq.edu.au](mailto:sharperminds@uq.edu.au)

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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>