

Study Desk Snack Swap Chart

Hang This Right Above Your Study Table • Stop the 4:00 PM Zombie Slump

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Why Snacking Matters for Marks: Ultra-processed snacks spike insulin, crashing your focus within 45 mins. Smart swaps deliver steady dopamine & memory power.

Craving / Scenario	❌ The Sugar/Fat Trap (Crash)	💡 The Smart Swap (Sustained Focus)	🧠 Brain & Body Benefit
4:00 PM Crunch Craving	Potato Chips / Kurkure <i>Refined carbs + inflammatory palm oil</i>	Ghee-Roasted Makhana with turmeric & rock salt OR Roasted Peanuts	Rich in magnesium & zinc; prevents sluggishness and sustains concentration.
Sweet Tooth / Study Stress	Chocolate Bars / Bakery Pastries <i>Sugar spike & serotonin crash</i>	Apple / Banana Slices with Peanut Butter OR 2 Medjool Dates + Walnuts	Slow-release fructose + brain healthy fats. Zero mid-study sugar crashes!
School Canteen Hunger	Fried Samosa / Bread Pakora <i>Deep-fried trans-fats, heavy brain fog</i>	Steamed Idli Sambar OR Paneer Roll OR Sprouted Chaat Cup	Complex carbs + bioavailable protein; keeps you alert for afternoon classes.
Thirst / Fatigue	Packaged Soft Drinks / Energy Cans <i>10 tsp sugar + artificial jitters</i>	Fresh Chaas (Buttermilk) OR Fresh Nimbu Pani with rock salt & chia	Natural electrolytes restore cellular hydration without artificial cortisol spikes.
Midnight Study Munchies	Instant 2-Minute Noodles / Biscuits <i>Refined flour, disrupts sleep quality</i>	Warm Spiced Milk (Haldi + Nutmeg) + handful of Roasted Chana	Tryptophan & calcium trigger natural melatonin production for restorative deep sleep.

🥜 Emergency Study Kit

Keep a small airtight jar of **roasted chana, almonds & pumpkin seeds** on your study table. When hunger strikes, 1 handful prevents raiding the kitchen junk pantry!

🍫 The Dark Chocolate Rule

Craving chocolate before an exam mock? Choose **70%+ Dark Chocolate (1-2 small squares)**. Rich in flavanols that increase cerebral blood flow and reaction time.

🚫 The Canteen Red-Zone

Say NO to packaged "*fruit juices*" and flavoured milk drinks—they pack up to 28g added sugar (equivalent to 7 teaspoons) with zero dietary fibre!