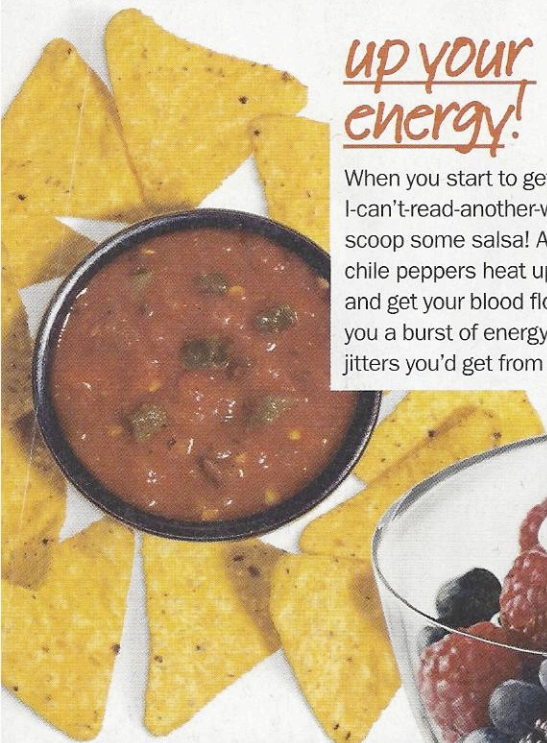


snack your way to an A

Wouldn't it be great if you could just eat something to feel smarter?!? Your wish is granted with these yummy bites that will get you through any study session.

up your energy!

When you start to get that groggy I-can't-read-another-word feeling, scoop some salsa! All those spicy chile peppers heat up your body and get your blood flowing, giving you a burst of energy without the jitters you'd get from Red Bull.



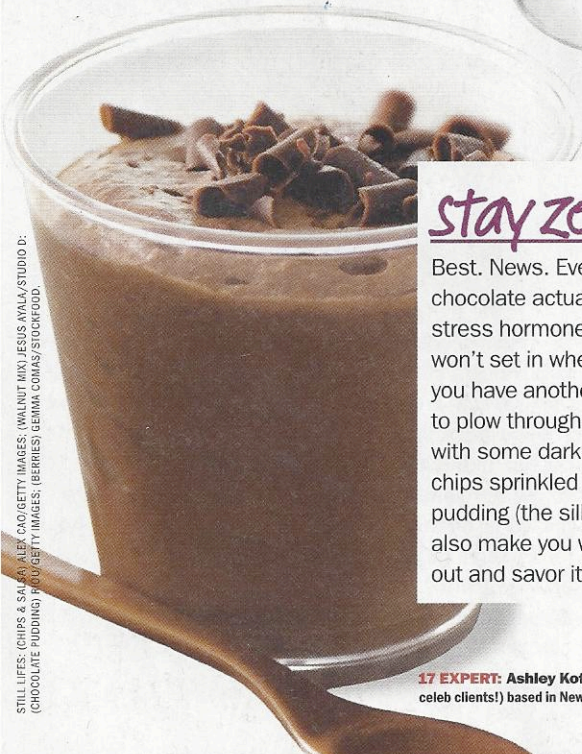
find your motivation!

Studying may be the last thing you want to be doing right now, but the protein in peanut butter and the carbs in pretzels combine to kick you into high gear. (The jelly is just a sweet surprise!)



smartify!

Berries have antioxidants that can boost your memory—perfect for when you're trying to soak up your notes! Top them with a spoonful of whipped cream to make an even tastier treat.



stay zen!

Best. News. Ever. Dark chocolate actually lowers your stress hormones—so panic won't set in when you realize you have another chapter to plow through. Get your fix with some dark chocolate chips sprinkled on low-sugar pudding (the silky texture will also make you want to chill out and savor it *slowly*).



get laser focus!

Even your buzzing phone won't pull you away from your desk if you eat walnuts—their omega-3s help your brain stay on task so you can zero in on what you're reading. Mix them with cereal (the crunch helps keep you alert!) and a pinch of cinnamon and sugar.

17 EXPERT: Ashley Koff, R.D., a nutritionist (with celeb clients!) based in New York, NY, and Los Angeles, CA.

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