

**High Stakes Events** 

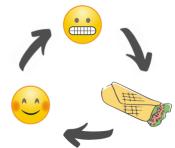
# Tips for Being At Your Best When it Counts the Most

## Do you need to be at your best, and you're anxious about it?

Feeling anxious may make you feel like skipping a meal, but doing this makes your body produce more adrenalin, which can make you *more* anxious!

## By eating foods that contain both:

- Carbohydrates &
- 10-20 grams protein (as well as healthy fat & fiber!)



Your brain will be fueled for 2-4 hours.

**10-20g of protein about an hour before the event will keep you in your smart brain** (*Note: eating more than 20g of protein in one sitting does not extend this benefit*)

### Examples of high stakes events:

- → Any situation where you want to be at your best
- → Being around people that stress you out
- → Being around highly emotional people
- → Work-related social events
- ➔ Going to therapy
- → Going to court

- → Doing something new
- → Family events
- ➔ Job interviews
- → Test taking
- → Public speaking

## Some examples of high-protein snacks and meals:

#### Meals

- Salad, sandwich, or wrap with deli meat, chicken, beans, or tofu
- Hard-boiled eggs with carrots or bread
- Chicken or egg salad sandwich
- Tacos or burritos (with meat, beans, or tofu)
- Nut butter (peanut, almond, cashew) sandwich
- Lentil salad with quinoa and veggies

#### Snacks

- Handful of nuts (peanuts, walnuts, almonds, cashews)
- Cottage cheese or Greek yogurt
- Protein shakes and bars
- A few slices of deli meat with carrots or bread
- Nut butter (peanut, almond, cashew) with apple slices



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