



EATING 101

RU DINING HEALTHY?



A Weekly Newsletter Brought to You by The RU Healthy Dining Team
A Joint Program Between RU Dining Services and The Institute for Food, Nutrition, and Health

Need A Wake-Up Call?

It's 2:30pm on a Tuesday afternoon; you're only one hour into your three-hour lecture. You are battling your eyelids and your eyelids are winning. How can you fight the mid-day slump? A caffeinated drink may give you a morning pick-me-up, but it will not help keep you focused throughout the day. Eating a balanced diet with foods high in protein, fiber, and healthy fats will slow digestion and provide you with sustained energy. Follow this daily guide to help you succeed in fighting the fatigue



I woke up like this: Start your day off right with a wholesome breakfast. Try protein packed eggs, whole grain toast, and a *peach* of fruit for a fiber boost.

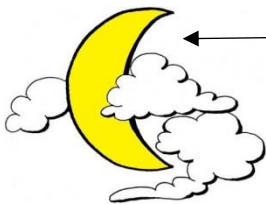
Sick & tired of being hungry & tired?: Dozing off in class? This lack of energy might be due to hunger. Ditch the candy bar and grab an apple, which is an a-peel-ing snack that provides fiber.

Fuel to the Fire: For lunch, turn over a new leaf by having a balanced lunch with hummus, spinach, and grilled chicken in a whole grain pita.

All Day, Every Day: Make sure to drink plenty of water throughout the day to avoid fatigue from dehydration. Craving a new taste? Add a splash of juice or a squirt of lemon to your water or seltzer.

Keep calm and focus on: Does your grumbling stomach leave you hangry and unfocused? Try grabbing a handful of nuts. These little nips of protein may help you concentrate and feel like you (pe)can get through those flashcards.

Can't stop won't stop: Have a paper to write tonight? Spoon some quinoa onto your dish during dinner. This super food is a whole grain, which is slowly absorbed. It may give you the brain-power you need.



Sleep is NOT for the weak, it's for the smart: You will not get lucky on exams without sleep, no matter how good your diet is. You will perform at your best and feel more energized throughout the day if you go to sleep early and wake up early.

Wake me up before I doze-doze!

Revised by: Chelsea Cotugno

Reviewed by: Dr. Watford – Department of Nutritional Sciences

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Questions? Follow us on Facebook (**RU Healthy Dining Team**), Twitter (**@RUHDT**), Instagram (**@RU_HDT**), SnapChat (**RU_HDT**) or e-mail us at peggyp@dining.rutgers.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at <http://food.rutgers.edu>.