



# EATING 101 RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

## A+ Musts

Feeling overwhelmed and out of focus? Do not let stress derail your health and academic goals! Nourishing your body with healthy foods is a game-changer for students. The right meals fuel your brain, boost your memory, and sharpen your focus. Ready to ace those exams? Keep reading for healthy habits to supercharge your study sessions!

### Balancing Act

Feeling sluggish and tired while burning the midnight oil? Colorful, balanced meals that contain a mix of **protein**, **complex carbohydrates**, and **healthy fats** provide sustained energy to help you concentrate. Look to the chart below for healthy food options.

### Portion Distortion

Stress eating is all too common, especially during finals season. To avoid overeating try portioning out your favorite meals before hitting the books. Stepping away from the computer or books to eat can also help you practice mindful eating.

### Break it Up

While study breaks are beneficial, not all are created equally. One study suggests that reaching for your cell phone in between tasks may decrease performance and efficiency. Instead, recharge and destress by taking a short walk, listening to music, doodling, or stretching.

Let It Go	Grab to Go	Typical Portion
French fries	Lightly salted popcorn	Up to 3 cups
Ice cream	Greek yogurt with fresh fruit	½ cup yogurt ½ cup fresh fruit
Cookies	Carrots or celery with hummus	1 cup carrots 2 Tbsp. hummus
Sugary cereal	Higher fiber cereal (ex: shredded wheat with a drizzle of honey)	¾ cup cereal
Breakfast Pastry	Oatmeal with mixed nuts	1 ½ cups oatmeal ¼ cup nuts
Pizza	Whole grain English muffin with melted cheese and sliced tomatoes	1 English muffin 2 slices cheese
Hoagie	Turkey with avocado slices on whole grain bread	3 slices turkey ½ sliced avocado

*Invest in the Best During Finals Stress!*

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References: *Dietary Behaviors and Academic Grades*. Available at:

[https://www.cdc.gov/healthyschools/health\\_and\\_academics/health\\_academics\\_dietary.htm](https://www.cdc.gov/healthyschools/health_and_academics/health_academics_dietary.htm) Accessed on: 10/31/24. *Eating to Boost Energy*. Available at: <https://www.health.harvard.edu/healthbeat/eating-to-boost-energy> Accessed on: 10/31/24. *Reach for your cell phone at your own risk: The cognitive costs of media choice for breaks*. Available at: <https://akjournals.com/view/journals/2006/8/3/article-p395.xml> Accessed on: 10/31/24.



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