



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 Department of Nutritional Sciences

A+ Musts

Feeling overwhelmed and finding it hard to concentrate? Do not let stress get in the way of your well-being and academic success!

Nourishing your body with healthy foods can be effective for students. The right meals can fuel your brain needs, enhance memory, and sharpen your focus. Ready to excel in your studies? Discover healthy habits to supercharge your study sessions!

Balancing Act

Pulling all-nighters and feeling drained? Fueling your body with colorful, well-balanced meals can make a real difference. A good mix of protein, complex carbohydrates, and healthy fats provides the sustained energy you need to stay focused and power through those study sessions. Check out the chart below for nutritious food ideas!

Portion Distortion

Finding yourself reaching for comfort food when stress hits, especially during finals? To help avoid overeating, try portioning out your meals before you settle in to study. Taking a break from your computer or books to eat can also encourage more mindful eating habits.

Break it Up

While study breaks are helpful, the type of break you take matters. Research suggests that reaching for your phone between tasks might hinder performance and efficiency. Instead of scrolling, try recharging and de-stressing with a short walk, listening to music, doodling, or doing a few stretches.

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/Sub	Turkey with avocado slices on whole grain bread	3 slices turkey ½ sliced avocado

Invest in the Best During Finals Stress!

Revised By: Candace Johnson

Reviewed By: Peggy Policastro, PhD, RDN-Dining Services/IFNH

References: *Dietary Behaviors and Academic Grades*. Available at: https://www.cdc.gov/healthy-schools/health-academics/diet-grades.html?CDC_AAref_Val=https://www.cdc.gov/healthyschools/health_and_academics/health_academics_dietary.htm Accessed on: 4/16/25. *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: Kang, S., & Kurtzberg, T. R. (2019). Reach for your cell phone at your own risk: The cognitive costs of media choice for breaks. *Journal of Behavioral Addictions*, 8(3), 395–403. <https://doi.org/10.1556/2006.8.2019.21> Accessed on: 4/16/25.