



# 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 having trouble concentrating? 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's needs, enhance memory, and sharpen your focus. Ready to excel in your studies? Discover healthy habits to supercharge your study sessions with these tips from the Healthy Dining Team.

#### 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 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 encourage 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<br>½ cup fresh fruit      |
| Cookies          | Carrots or celery with hummus                                     | 1 cup carrots<br>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<br>¼ cup nuts         |
| Pizza            | Whole-grain English muffin with melted cheese and sliced tomatoes | 1 English muffin<br>2 slices cheese    |
| Hoagie/Sub       | Turkey with avocado slices on whole-grain bread                   | 3 slices of turkey<br>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/healthy-schools/health-academics/diet-grades.html?CDC\\_AAref\\_Val=https://www.cdc.gov/healthyschools/health\\_and\\_academics/health\\_academics\\_dietary.htm](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.



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