



EATING 101

RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING

A Joint Program Between Rutgers Dining Services and the Institute of Food, Nutrition, and Health

A+ Musts

Feeling overwhelmed and out of focus? Do not let stress derail your health and academic goals. Nourish your body with healthy foods to fuel your brain, boost your memory, and sharpen your focus. Keep reading for tips on how to build healthy habits and ace your exams!

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 examples of balanced bites.

Portion Distortion

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

Break it Up

While study breaks are beneficial, be mindful of how you spend your time. 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	$\frac{1}{2}$ cup yogurt $\frac{1}{2}$ 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)	$\frac{3}{4}$ cup cereal 1 Tbsp. honey
Breakfast Pastry	Oatmeal with mixed nuts	1 $\frac{1}{2}$ cups oatmeal, $\frac{1}{4}$ cup nuts
Pizza	Whole-grain English muffin with melted cheese and sliced tomatoes	1 English muffin 2 slices cheese 2 slices tomato
Hoagie	Turkey with avocado slices on whole-grain bread	3 slices turkey $\frac{1}{2}$ sliced avocado 2 slices whole-grain bread

Invest in the Best During Finals Stress!

Revised By: Carys Neill

Reviewed By: Dr. Peggy Pollicastro, RDN-Dining Services

References: *Dietary Behaviors and Academic Grades*. Accessed on: 11/11/25. Available at: https://www.cdc.gov/healthy-schools/health-academics/diet-grades.html?CDC_AAref_V=1

Eating to Boost Energy. Accessed on: 11/11/25. Available at: <https://www.health.harvard.edu/healthbeat/eating-to-boost-energy>. Reach for your cell phone at your own risk. Available at: <https://akjournals.com/view/journals/2006/8/3/article-p395.xml?body=contentSummary>

