



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

RU stressed out about finals? When you are stressed or distracted, it is easy to lose focus on your overall health and well-being. However, practicing healthy eating habits sets you up for studying success. Students can learn better when they're well nourished, and eating healthy meals has been linked to higher grades, better memory, alertness, and faster information processing. Keep reading to learn which healthy habits you can practice to help 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 so you can concentrate. Look to the chart below for healthy food options.

Portion Distortion

Stress eating is all too common, especially during finals season. Try portioning out your favorite meals before hitting the books to avoid overconsumption. Stepping away from the computer or books to eat can also help you to 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: *The Importance of Healthy Eating for Students*. Available at: <https://ofy.org/blog/the-importance-of-eating-healthy-for-students/> Accessed on 4/12/23. *Eating to Boost Energy*. Available at: <https://www.health.harvard.edu/healthbeat/eating-to-boost-energy> Accessed on: 4/12/23. *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: 4/12/23.