



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? Those end-of-semester jitters can lead to mindless munching during sleepless study sessions. Studies show that students have a higher tendency to overeat before an upcoming exam to help alleviate stress. Practicing portion control may actually help you to ace your exams by keeping you properly fueled.

Starches and Carbohydrates

Eating certain starches or carbohydrates can help you feel relaxed. However, refined carbohydrates may cause blood-sugar spikes that can lead to anxiety, irritability, and headaches. Stick with **complex carbohydrates** to keep your cool.

Protein

Feeling sluggish and tired while burning the midnight oil? Trade your regular high fat, high sugar treats for snacks with **protein**. This may help revitalize your energy level, as well as increase alertness and concentration.

Reasonable Portions

Most importantly, commit to reasonable **portion sizes**. Power up your goodie bag with the proper portion of a healthy snack. This will provide the necessary energy to fuel long study sessions.

Let Go	GRAB to go	Portions
French Fries	Lightly salted Popcorn	Up to 3 cups
Chips	Harvest Snap Crisps (Available at Student Center Cafes)	1 oz.
Sundae with Hot Fudge	Frozen Yogurt with Mixed nuts	¼ cup 1 oz.
Cookies	Apple with Peanut butter	½ cup sliced 2 Tbsp.
Sugary cereal	Higher fiber cereal (E.g. Cheerios)	¾ cup
Poptarts©	Oatmeal with fresh Fruit	1 ½ cups ½ cup sliced
Pizza	Cheese with Whole grain crackers	1 slice 4-5 pieces
Late night Sub	Turkey sandwich on Whole grain bread	3 oz. 2 slices

For brain power and endurance while studying, try eating portioned snacks that have a combination of complex carbohydrates and proteins. Keep yourself feeling healthy and energized by eating a balanced diet, staying hydrated, exercising, and getting enough sleep. The better you feel, the more confident you will be when taking exams.

Invest in The Best During Finals Stress!

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References: Brain Compatible Strategies. Available at <http://www.edutopia.org/blog/brain-compatible-study-strategies-lori-desautels>. Accessed on 29 March 2019. How to Eat Right to Reduce Stress. Available at <http://www.pcrm.org/health/health-topics/how-to-eat-right-to-reduce-stress>. Accessed on 29 March 2019. Insel, P., Turner, R, and Ross, D. *Nutrition*. Jones and Bartlett Publishers: Boston, MA. 2002. Macht, M. Haupt, C. Ellgring, H. The perceived function of eating is changed during examination stress: a field study. [Journal article] *Eating Behaviors*. Elsevier, New York, USA: 2005. 6: 2, 109-112. 9 ref.



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