



# 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

## The Final(s) Countdown

Spring is in the air! With this time of year comes sunshine, warmer weather, and every student's favorite: final exams. If you have been feeling stressed just thinking about finals, know that you are not alone. Our team is here to walk you through some healthy habits and tips to manage your stress and do your best.

### Crunch Time

As stress levels rise and time seems to fly by, it may be more difficult to eat balanced meals. Here are a few tips to help you do so:

- If you are on campus, save time by ordering meals for pickup on **food.rutgers.edu**.
- Keep it simple! When low on time, quick meals or snacks that require little preparation are your best friend. Ideas include whole grain toast topped with nut butter, hummus and veggies, or Greek yogurt with fruit.
- When ordering food from a restaurant, try looking at the menu ahead of time to assess your options and make better nutritional choices.



### Make a Game Plan

When you are planning your study schedule, do not forget to pencil in...

- **Meals:** Studies show that eating breakfast may improve memory and recall.
- **Snacks:** If you notice you are feeling hungry while studying, snacks like fruit and nuts can tide you over until your next meal.
- **Sleep:** Unfortunately, caffeine only *temporarily* makes you feel more awake, so a cup of coffee or tea cannot replace sleep. Try to get around seven to nine hours of sleep each night.

### Break It Up

Make the most of your study break by fueling up and staying hydrated. These tips may help:

- Sip on a nutrient packed smoothie. Adding frozen fruit and veggies instead of fresh can reduce preparation, increase convenience, and yield a refreshing smoothie.
- Keeping a reusable water bottle close to you may remind and motivate you to drink enough water.
- Not a fan of plain water? Try adding fresh fruit or a squeeze of citrus for flavor.

## Turn Your Stress Into Success

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