

# NUTRITION News

May 2015

## Healthy Tips for taking FINALS!!

**Sleep**—get enough rest every nights so you will be refreshed before your exams. Too little sleep can weaken your immune system and increase your risk of getting sick!

**Exercise**—don't ditch the gym! Exercise will help you with stress relief! Try to stick to your regular work out schedule even if you have to cut it short. Break up long study stretches with a spontaneous 5 minute dance party. Or take the long way to class and walk an extra 5-10 minutes before your exam!

**Eat**—don't skip meals! Give your brain the fuel it needs to stay focused! Be sure to eat foods that will help—not hinder your studies. Keep a balance of protein and complex carbohydrates and avoid sugar overload. Be sure to eat a balanced meal before your exam.

**Drink**—water that is! Nothing keeps you hydrated as well as **WATER!!** Be sure to drink water throughout the day. Drinking extra caffeine can leave you dehydrated. For every cup of caffeine, drink 2 cups of water. Or try non-caffeinated beverages such as sparkling water, spa water or herbal tea.

## H.E.R.O.E.S. Corner



## Healthy GO TO snacks for studying

- Greek Yogurt with granola, nuts or fruit
- Cottage cheese and fruit
- Oatmeal with soy/almond/nonfat or 1% milk
- Carnation instant breakfast added to nonfat or 1% milk
- Healthy trail mix
- Unsalted nuts
- Crispy vegetables with hummus
- Rice cakes with peanut butter and banana
- Cheese sticks and whole grain crackers
- Fruits and vegetables
- Nut butter on whole wheat bread
- High protein cereal (Kashi Go Lean or Special K with protein) and soy/almond/nonfat or 1% milk
- Nut butter and apple slices



STUDENT  
**health101**



Questions about nutrition? Make an appointment to see the Dietitian! Call the Student Health Center to schedule an appointment: 209-228-2273