

NUTRITION NEWS

December 2014



Healthy Tips for Taking on Finals!

Sleep—get enough rest every nights so you will be re-freshed before your exams.

Exercise—don't ditch the gym! Exercise will help you with stress relief!

Eat—don't skip meals! Keep a balance of protein and complex carbohydrates and avoid sugar overload.

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

Smart Snacks for Finals!

- Greek Yogurt (sprinkle with granola) add 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
- Snap peas, carrots, pepper strips with hummus
- Rice cakes with peanut butter and banana slices
- Cheese sticks and whole grain crackers
- Fruits and vegetables
- Almond or Peanut butter on whole wheat bread
- High protein cereal (Kashi Go Lean or Special K with protein) and soy/almond/nonfat or 1% milk
- Almond or Peanut butter and apple slices

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

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



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