



# 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 might be difficult to focus on your overall health and wellbeing. However, taking care of yourself sets you up for studying success. Keep reading to learn how healthy habits can help you ace your exams.

#### Balancing Act

Feeling sluggish and tired while burning the midnight oil? Many snack foods contain high amounts of fat and sugar and not many other nutrients. Balanced snacks that contain a mix of **protein**, **complex carbohydrates**, and healthy fats provide sustained energy so you can concentrate on studying. Look to the chart below for healthier snack options.

#### Portion Distortion

Stress eating is all too common, especially during finals season. Try portioning out your favorite snacks 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 generally 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
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 (ex: shredded wheat)	¾ cup
Poptarts®	Oatmeal with fresh fruit	1 ½ cups ½ cup sliced
Pizza	Whole grain crackers with melted cheese	1 slice 4-5 pieces
Hoagie	Turkey sandwich on whole grain bread	3 oz. 2 slices

### Invest in The Best During Finals Stress!

Revised By: Jessica Van Wie

Reviewed By: Peggy Policastro, PhD, RDN-Dining Services/IFNH

References: *Eating to Boost Energy*. Available at: <https://www.health.harvard.edu/healthbeat/eating-to-boost-energy> Accessed on: 12/3/20.

*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: 12/3/20.

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