HEALTHY EATING

Nutrition tips for final exams!

BOOST YOUR BRAINPOWER
Try to eat balanced meals & snacks regularly through the day. This will help keep you energized & stabilize your blood sugar levels. Limit sweet treats and simple sugars as they can spike and crash blood sugar. Certain foods can fuel your mind—helping your memory and attention span:

- Fatty fish like salmon and albacore tuna
- Antioxidant-rich berries
- Kale, broccoli, cauliflower, and cabbage
- Nuts and seeds

FIGHT FATIGUE WITH WATER
Most individuals need 10-12 cups of water per day and even mild dehydration can cause fatigue. Include these foods naturally high in water.

- Lettuce 95%
- Tomatoes 94%
- Watermelon 92%
- Grapefruit 91%
- Carrots 87%
- Apple 84%

CAFFEINE AND ENERGY DRINKS
Some potential side effects include insomnia, restlessness, anxiety, gastrointestinal distress, headaches, increased heart rate & blood pressure. These effects can sometimes interfere with your ability to study. Use in moderation and hydrate, hydrate, hydrate!

The foundation of a healthy lifestyle includes physical activity and consuming a balanced variety of nutrient-rich foods and beverages in moderation. The Academy of Nutrition and Dietetics refers to this as the total diet approach to healthy eating.

DIETARY GUIDELINES FOR AMERICANS (DGA)
DGA defines ‘total diet’ as everything a person eats, averaged out over time – it’s the combination of all foods and beverages that give people energy and nutrients. Most adult Americans do not meet the DGA recommendations.

FACTORS THAT INFLUENCE EATING PRACTICES:
- Taste and food preferences
- Weight concerns
- Physiology
- Time and convenience
- Environment (home, school, workplace)
- Abundance of foods
- Demographic factors (age, socioeconomic status, ethnicity)
- Media and marketing
- Perceived product safety
- Culture (heritage, religion, body image)

SUPPORT FOR THE TOTAL DIET APPROACH

It boils down to making wise food choices in the context of the total diet. Registered dietitian nutritionists can help establish a healthy lifestyle by teaching people to focus on variety, moderation and portion sizes.

Academy of Nutrition and Dietetics
Position of the Academy of Nutrition and Dietetics: "Total Diet Approach to Healthy Eating" February 2018
EAT YOUR STRESS AWAY—
THE HEALTHY WAY

These foods and other have multiple health benefits and naturally help reduce stress:

- **Oranges**—the vitamin C helps lower cortisol levels
- **Oatmeal**—this complex carb releases the feel good chemical, serotonin
- **Chamomile tea**—Promotes relaxation and may help you get some shut-eye
- **Asparagus**—high in folic acid, a mood-enhancing nutrient

SNACK SMART

Start with healthy choices that give you protein along with vitamins and minerals:

- **Cottage cheese with your favorite fruit**
- **Hardboiled eggs**
- **1/2 cup trail mix or protein bar**
- **Hummus and carrots or celery**
- **Deli turkey rolled with lettuce and tomato**
- **Peanut butter on apple wedges or whole**

REFERENCES:

Academy of Nutrition and Dietetics. www.eatright.org

Mindful by Sodexo. www.mindful.sodexo.com

USDA. www.choosemyplate.gov

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