



Fueling for Finals

Rather than relying on caffeinated beverages, pizza, and sugary snacks to get you through days and nights of studying, fuel your brain and body with nutrient-dense foods. Choosing the right foods can help you stay energized, focused, and alert despite the stress.



EAT A HEALTHY BREAKFAST. Start your day with a breakfast that includes whole grains, lean protein, and fruit (or vegetables). Not only does having breakfast within an hour of waking help “kickstart” your metabolism, but it also fuels you and helps you focus better.

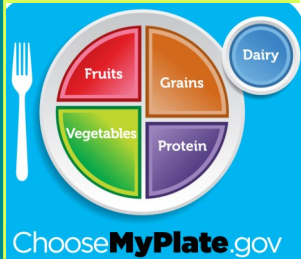
Breakfast Examples:

100% whole wheat toast + peanut butter + banana + skim milk

Whole grain cereal + blueberries + Greek yogurt

Wheat English muffin + scrambled egg + spinach, tomatoes, & peppers

Oatmeal + apple slices + skim milk



EAT WELL-BALANCED MEALS. Make sure you don't skip meals and that you eat regularly. Follow the MyPlate guidelines (www.choosemyplate.gov) to ensure you are fueling your body with nutrient-dense meals:

Fill half your plate with fruits and vegetables

Choose lean proteins

Make half your grains whole grains

Switch to non-fat or low-fat dairy products



KEEP HEALTHY SNACKS ON HAND. The urge to snack can hit you at any time while studying in the library or late at night in your room. Instead of going to the vending machine for a candy bar or reaching for a bag of chips, have healthy options readily available. For healthy snacking, pair a fiber choice (fruits, vegetables, whole grains) with a protein choice to help keep you full. Make snacks 100-200 calories.

Snack Examples:

Orange (Fiber) + Almonds (Protein)

Grapes (Fiber) + String Cheese (Protein)

Banana (Fiber) + Peanut Butter (Protein)

Strawberries (Fiber) + Yogurt (Protein)

Carrot & Celery Sticks (Fiber) + Hummus (Protein)

DON'T FORGO EXERCISE: INCLUDE IT! Physical activity can help relieve stress. Take a study break to go to the gym, go on a walk or run, do a workout DVD, or play a game outside with your friends.

GET ADEQUATE SLEEP. Sleep gives your brain the rest it needs and allows it to recharge, ready to dive back into studying the next morning. Aim for at least 7-8 hours.

LIMIT REFINED SUGARS, JUNK FOOD, & CAFFEINE. These foods and beverages provide you with a “quick fix” and then a crash, leaving you feeling dissatisfied, hungry, and tired not long after. Fuel with nutrient-dense foods instead.