

ENERGIZING EXAM-TIME SNACKS

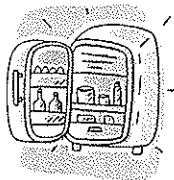


What you eat during exam-time impacts your energy and alertness. By choosing snacks and meals that contain all three nutrient groups, protein, carbohydrates *and* fats, you can maximize your ability to study.

Balance 'carbs' with proteins

High carbohydrate snacks like crackers, cookies, candy, chips, pretzels, breads, bagels and plain pastas, will give you immediate energy. However, when eaten by themselves sugary and starchy foods can lead to an energy drop later on. Symptoms of a carbohydrate overload can be lethargy, sleepiness, and inability to concentrate. Just the feelings you *don't* need at exam-time! Adding in protein will keep you "perkier". A little healthy fat will also help stabilize your energy.

The following snacks offer a combination of the three nutrient groups so you can maximize your study energy!



Homemade Trail Mix

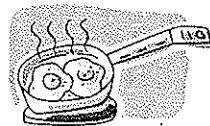
In a large bowl, mix 1 cup each peanuts or soy nuts, raisins or other chopped dried fruits with 2 cups low sugar/high fiber cereal like *Cheerios*® and a handful of M&Ms®. Store in a tightly sealed plastic bowl. Serve yourself just the amount you need at the moment. Store the rest in the pantry or cabinet. Enjoy with a glass of skim or low-fat milk.

Protein Smoothie

In a blender, mix a ripe banana, 1 scoop of vanilla soy protein powder and $\frac{3}{4}$ - 1 cup 1% or skim milk. Add ice if desired. For a longer lasting and tastier version, add 1 tablespoon of peanut butter. Yummy! [Purchase soy protein powder in health food stores, *Sam's Club* or *GNC*. Try it!]

Bean and Cheese Quesadilla

On a flour tortilla spread a layer of refried beans (use the vegetarian kind), sprinkle your choice of grated cheese on the beans and top with another tortilla. Put in microwave or heat in frying pan that has been sprayed with oil, turning once, until cheese is melted and the beans are heated through. Slice into "pizza" slices and serve with salsa.



Microwave Scrambled Eggs With Toast or Bagel

Save time and clean up if you scramble eggs in the microwave! Here's how:

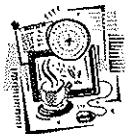
Spray a microwavable bowl with oil. Add eggs and beat lightly in the bowl. (The bowl should be large enough to allow the eggs to rise up when heated.) Cook at medium high temperature for 1-2 minutes or until you see the eggs bubble up. Remove them when they are just past the runny stage (*just starting to thicken*). Do not overcook! Take them out of the microwave and let them sit 1-2 minutes. The eggs will set and look like the stovetop variety!

Try adding some grated cheese or chopped green onion before cooking for a zestier taste. Serve with multi-grain toast or bagel.

Good Ole' Energy-Packed Favorites

- ♦ cottage cheese with fresh fruit
- ♦ cheese and crackers
- ♦ peanut butter, crackers and milk
- ♦ cheese stick (choose those with 4-6g fat/serving) and fresh or dried fruit
- ♦ baked tortilla chips with store bought bean dip or hummus (you can purchase hummus in the deli section of most grocery stores)
- ♦ home-made ham, turkey, roast beef sandwich
- ♦ tuna and crackers or tuna sandwich
- ♦ chicken and egg salad sandwiches made with light mayonnaise and whole wheat bread

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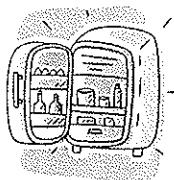


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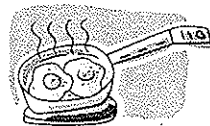
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Beating the "Freshman 15"

Worried about the "Freshman 15" weight gain? Think it's supposed to be part of the curriculum? Well, think again, because it's not. Follow these tips for a no-brainer way to beat this common freshman experience.

Don't diet and don't panic.



Panicking pushes you to short-term extreme diets and restrictions. Water for breakfast, fruit for lunch and salad for dinner, sets you up for a

late-night run to a fast food or donut shop. Instead take a more logical approach. Feed yourself three solid meals during the day to keep your energy up. This will help you avoid late night binges, a common reason for unwanted pounds.

Eat only when you're truly hungry.



Do your study breaks always take you to the pantry or the snack stash? Is the late night pizza run becoming predictable? Does

boredom send you looking for a food fix? If so, you may be eating when you're not physically hungry. This kind of eating is another reason college students are prone to extra pounds. Instead, always check in with your stomach to see if you are hungry before eating. If you're not hungry, try to find other study-break habits that don't involve food. Encourage your roommates to make the late night pizza thing a rarity. Focus your socializing around non-food, fun things to do. Break the boredom with food-less activities.

Fruits and 'veggies' are key.



When the urge to snack hits you, choose baby carrots with a low-fat dip or top strawberries with a spoonful of vanilla yogurt. Eat lots of these low-calorie, high-nutrition foods. Women need at least 5 servings a day; for men make that 7 and up! Studies show that people who eat lots of fruits and veggies weigh less. Make healthy food choices as much as you can. But make sure you allow yourself some less nutritious choices if you really want them. If you're not eating enough fruits and/or vegetables, ask a campus health care professional for help.

Alcohol has calories?



Yes it does . . . and lots of them too.

Drinking is a major source of extra calories on campus. How to cope?

After each alcoholic drink, have a glass of water. You'll rehydrate *and* slow down your drinking too. If you routinely drink more than 2-3 drinks a week, examine why. If you want to cut down, ask a campus mental health professional for some assistance.

Forget the scale numbers.



Don't weigh yourself. Focus on a healthy lifestyle instead. In addition to good nutrition, move your body regularly. That walk across campus is a good start. Add in some higher intensity cardio' activities 3-5 times a week. Don't forget the weight training, 2-3 times a week. Make your exercise fun and practical! Bike or roller blade to campus. Join an intramural team or an activity-based student club (like the ski or karate club, for example). Make sure you're enjoying the activities, or you won't stick with them. Note the benefits you get, other than the weight control. Are you less stressed? Do you feel better about yourself? Are you more energetic? However you choose to move, do it as regularly as you can.