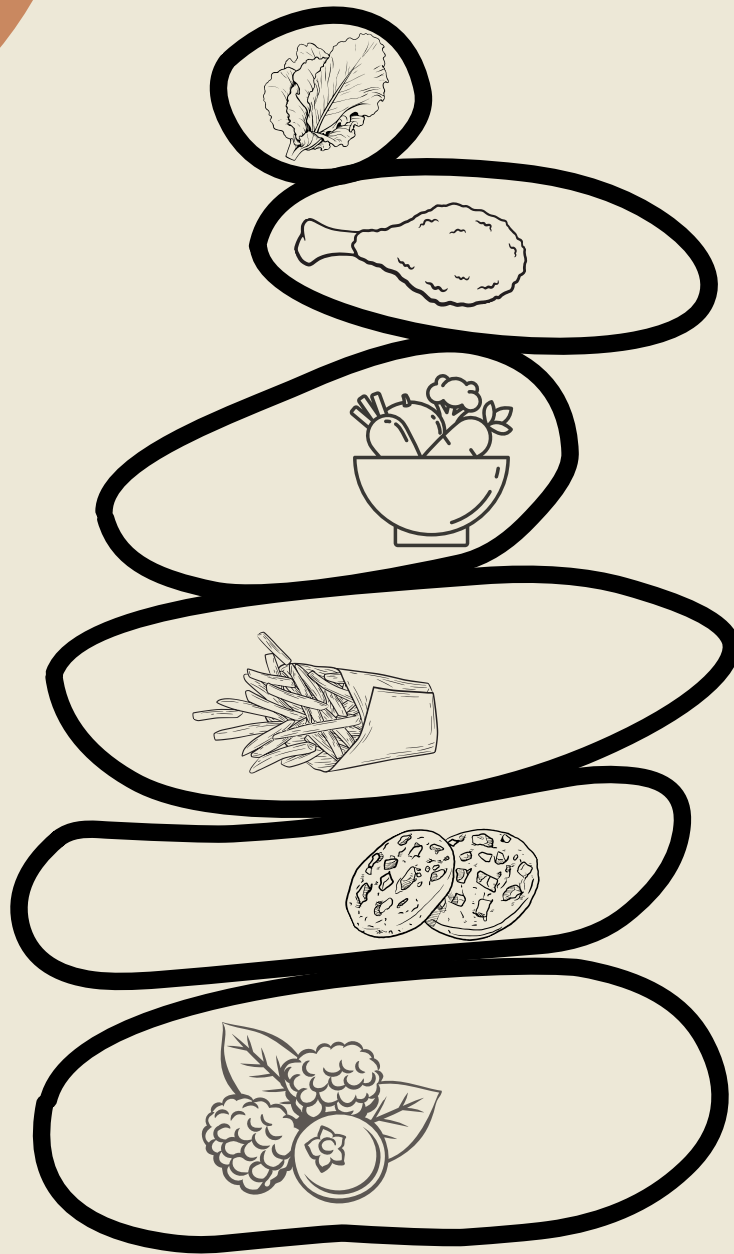


FUELING FOR FINALS



2ND ISSUE

SPRING 2024

FINDING

BALANCE

BOTH MENTALLY
AND PHYSICALLY

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HARD CHOICES

BALANCING SCHOOL AND WELLNESS

Do you ever feel like there is not enough time in the day during finals season? You are not alone. As many college students start preparing for cumulative exams and projects, mealtimes are often traded for a few extra hours of hard studying. Days of cramming information can leave us drained and lower our morale, too. To perform our best and ace those tests, our bodies and our souls must receive proper nutrition.

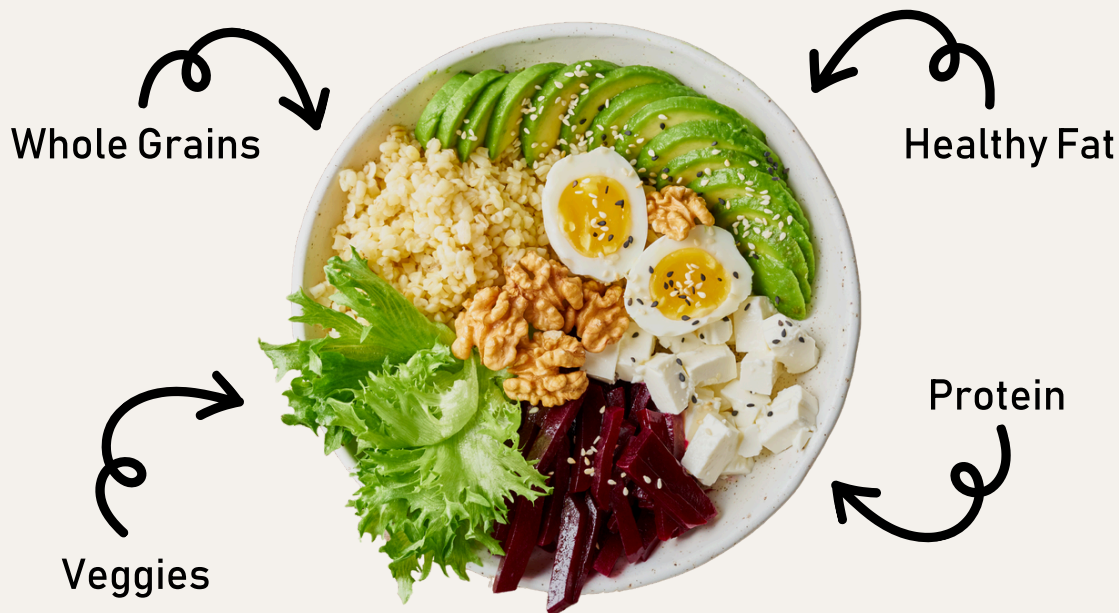
This is where balance comes in. The word balance is key to conquering pre-finals stress, last-minute study sessions, and everyday life. In the nutrition realm, balance has multiple definitions. It is understood as providing appropriate amounts of different macro and micronutrients at mealtimes, but also means enjoying the foods that make our souls happy.

Preparing for final exams and projects adds a lot of stress to students' plates, making it important for them to be energized and focused. Incorporating both definitions of balance in your pre-final routine will allow your mind, body, and soul to crush your upcoming deadlines and finish the semester strong!



BALANCED MEALS

A balanced meal consists of a source of carbs like rice, bread, pasta, or quinoa; a source of protein like legumes, tofu, meat, poultry, or fish; veggies or fruits; and a source of dairy and/or a healthy fat.



By following these guidelines, your body will be energized and equipped to take on the pressing assignments that keep you from the end of the semester. Eating regular, balanced meals throughout the day will help regulate your blood sugar and energy levels to ensure you are focused rather than hungry and thinking about your next meal.

Balance can be incorporated into snacks by pairing different food groups together like a carbohydrate and a protein, a carbohydrate with a fat, or a different combination. Bringing a snack to your study session will allow you to maximize your time rather than leaving to grab something to eat.

Powerhouse Snacks

PERFECT FOR STUDY SESSIONS

Yogurt Parfait

Add Greek yogurt for protein, granola for energy, and berries for antioxidants. If you're looking for even more protein, try adding your favorite nuts and seeds!

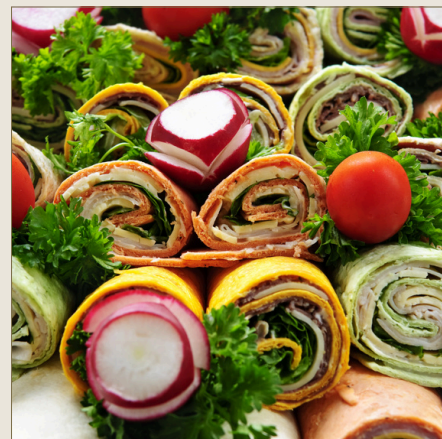


Hummus and Veggies

Hummus is an excellent source of plant-based protein and fiber. Dip in some carrots, celery, or cucumbers to create a balanced snack packed with energizing ingredients.

Turkey Wrap

Create your own protein-packed wrap with sliced turkey, veggies, and cheese or stop by Market Square and grab a fresh-made wrap from the new Garden & Grains station!





FINDING BALANCE

BOTH MENTALLY AND PHYSICALLY

The weeks leading up to final exams are overwhelming for all college students, so it's important to celebrate our individual victories.

Fun foods like pastries or salty snacks are often categorized as “empty calories” when in reality they also provide macronutrients and micronutrients, like vitamins and minerals, that our bodies can use as fuel. As mentioned by the alternative definition of balance, it is important to enjoy foods that not only alleviate hunger and keep us full, but also bring a smile to our faces. Fulfilling cravings helps with fullness, energy, and being focused rather than hyper-fixating on food. Whether it be enjoying hot, crispy French fries or two scoops of your favorite ice cream, it is imperative to eat the foods that nourish our soul in moderation for overall wellness.

Incorporating all definitions of nutritional balance is supportive of our final push of the semester and our lives beyond. By creating filling meals with a variety of foods and treating yourself to your favorite snacks and treats, your body and soul will have the energy they need to help you reach the finish line. Good luck on finals and happy eating!



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