



Nutrition Tips to Keep You Alert While Studying

If you are like most students, exam time eating often sends you into a de-energizing spiral. Your nutrition becomes a nightmare as you take in your quota of “junk” food during midterms and finals. Getting control of your eating during these stressful times is possible. Read on for some helpful hints to overcome these nutritional pitfalls.

Eat small, frequent meals to keep your blood sugar and energy levels steady.

Now’s the time to have easy convenient meal-type foods on hand. Avoid living entirely on snack foods as they usually won’t energize you as much as a real meal. This is the time for frozen entrées, bean soups, peanut butter and cold cut sandwiches, ready-to eat tuna and chicken salad, and other convenient foods.

Healthier sweets and sugary foods. If you crave sweets consider a high protein nutrition bar instead of a candy bar. Choose one that has 15 grams of protein such as Balance Bar, Power Bar Harvest of Clif Bar.

Choose meals and snacks that emphasize protein over carbohydrates. Protein-rich meals and snacks keep your energy on an even keel. For example, snack on cheese, crackers and skim milk instead of crackers and juice. Top your pasta with grilled chicken strips rather than have pasta and sauce alone. You can even scramble some Eggs!

Avoid caffeine from beverages or pills such as NoDoze®. Caffeine gives you immediate energy, but you pay for it with a rebound drop-off in energy an hour or so later. Cut back on caffeine gradually. If you drink coffee, make a half and half mix of caffeinated and decaffeinated coffees for your brew.

Water, water, water! Keep a cup and a liter of ice water at your desk to help maintain your energy. Consume at least that amount of water every two hours of studying.

Control extra, exam-time calories!

Make yourself get up to snack. Don’t bring the snacks to your study place. Eat snacks in the kitchen or another part of your room, away from the desk.

Make sure your room/apartment is stocked with healthier snacks. Here are some ideas: nuts, raisins, cheese sticks, yogurt, cottage cheese, milk, crunchy fresh fruits and veggies(add dip for the veggies) , frozen juice bars, hearty, low sugar breakfast cereals, oatmeal, popcorn, protein-rich nutrition bars, caffeine-free herbal teas, trail mixes, etc.

Remember that thirst can be confused with hunger. Try drinking a glass of water or a cup of hot herbal tea if you are unsure of the origins of your hunger. Or wait 20 minutes and if still hunger grab a high energy snack. Click here for list of energizing exam time snacks.

Use non-food stress busters to cope with tensions of exam time. Instead of eating try this.....