

NUTRITION NEWSLETTER

Nutrition Tip of the Week:

Fiber is a complex carbohydrate that the body cannot fully digest. Fiber is naturally found in plants and plays an important role in health. For example, fiber interferes with absorption of dietary fat and cholesterol, which in turn helps lower blood cholesterol and risk of cardiovascular disease. Fiber also delays gastric emptying, meaning it keeps you feeling full for a longer period of time.

Have a long day of classes and little time to eat between? Fuel up on some of these fiber-rich foods...

- Raspberries
- Pears
- Popcorn
- Oats
- Lentils
- Whole grain sandwich/bagel

What to Check Out at Meal Hall this Week

Looking to increase your fiber intake at meal hall? Check out the Salad Bar for a wide variety of vegetables, whole grains, & legumes OR try the **Lentil Shepherd's Pie at Lunch on Tuesday, November 17th.**



Chat with me!

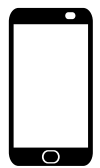
Have any burning questions regarding food, nutrition, & overall health?

Email x2016ncg@stfx.ca with any questions, comments, or concerns! I'd love to hear from you!



Lifestyle

Unplug!



It's no secret that students spend a majority of their time in front of their laptop or on their phone, with average screen time ranging anywhere between 7-10 hours. While being in front of a screen is key to getting our work done, **look to limit your recreational screen time.** You can do so by setting a screen limit on your smart phone OR try putting your phone on 'Do Not Distribute' so you are less likely to check it every time you get a notification.