

NUTRITION NEWSLETTER

*From your Dietetic Intern, Kelsey
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Nutrition Tip of the Week:

Know your limit! Everyone metabolizes caffeine differently and its important to pay attention to how you feel after drinking your favourite caffeinated beverage. On average, most people can safely consume 200-300mg/day, which equals roughly 2-3 cups of coffee, depending on the type of bean and serving size.

Caffeine isn't just found in a cup of Joe, other culprits include:

- Caffeinated soft drinks (45mg/12oz)
- Energy Drinks (158mg/16oz)
- Tea (47mg/8oz)
- Pre-workout (150-300mg/scoop)

What to Check Out at Meal Hall this Week

Join us for Taco Tuesday at **Lunch on November 24th!** There is a taco for everyone - Make your own at the Taco Chilli Bar, try a Mexican Vegetarian Soft Taco or feast on a Crispy Cauliflower Taco.



Taco 'bout an awesome meal!

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!



Monday, November 23rd is **National Espresso Day**. Treat yourself at any one of our retail locations!

Lifestyle

Short sleep duration is associated with increased inflammation, heightened emotional sensitivity, and reduced attention.

The average university student needs 7-9hrs of sleep each night, which is where **'Sleep Hygiene'** comes into play! Sleep Hygiene looks to encompass all of the behaviours and activities you can do to increase your sleep duration and quality, such as...

- Engaging in exercise throughout the day
- Having a bed-time ritual - Read a book, engage in a skincare ritual, take a shower... find what works for you
- Understanding your caffeine tolerance - Avoid caffeine 4-6hrs prior to bed