

NUTRITION NEWSLETTER

From your Dietetic Intern, Kelsey
Email: x2016ncg@stfx.ca

Nutrition Tip of the Week:

Protein is a key nutrient for building & repairing muscle tissue. Protein can also suppress the hormone ghrelin (aka 'the hunger hormone'). By suppressing this hormone, protein keeps you feeling full for a longer period of time!

Everyone has unique protein needs, but these needs don't have to be met by meat alone! Try some of these plant-based protein sources...

- Tofu
- Quinoa
- Black Beans
- Edamame



What to Check Out at Meal Hall this Week

Join us for Dinner on **Thursday, December 3rd** for the **Feast of St. Francis Xavier**. Our X-tra delicious menu will have you full to the brim as you celebrate the end of another semester!

Congratulations to all X-Ring Recipients - Hail & Health!

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!

Don't Forget - All of our retail food locations will soon be closing until next semester...Get your last Rita Wrap to hold you over for Christmas Vacation!

Starbucks will remain open to keep you caffeinated this exam season - Follow [@Stfxcampusfood](https://www.instagram.com/Stfxcampusfood) for updates on dining hours!



Lifestyle

Celebrate responsibly!

As the end of an unprecedented semester at school and the holidays near, we want to celebrate with families and friends! Remember to do so responsibly and limit social gatherings to 10 people or less.

Consider celebrating events virtually so everyone can safely 'attend'. Play card games together over zoom or stream your favorite movie together! Get creative & stay safe!