

NUTRITION NEWSLETTER

This is your last Nutrition Newsletter from Dietetic Intern, Kelsey Gill. Thanks for reading! Good luck on exams & Happy Holidays!

Nutrition Tip of the Week:

When prepping for exams we often forget about proper nutrition and feel like we 'don't have time' to eat, let alone cook. We've all been there, but poor eating habits during exams can leave you feeling even more drained. Eating healthy doesn't have to be time consuming - Fuel up with these quick & easy snacks...

- Whole Grain Bagel with Peanut Butter & Banana
- Instant Oatmeal with Berries
- Toasted English Muffin with Cheese & Tomato
- Vegetarian Pasta

Have a meal plan? Take advantage of having other people cooking for you! Set a time for a study break and head over to Morrison Hall to refuel.

What to Check Out at Meal Hall this Week

Need a study snack? Exam Treats available on December 7th, 9th, 11th, & 14th. Fuel up for success!



Happy holidays

Don't Forget -Keating Cafe is still open this week - Its the perfect place to grab a snack after a workout!

Starbucks will remain open until December 22nd to keep you caffeinated this exam season - Follow @Stfxcampusfood for updates on dining hours!

Lifestyle

This semester has been stressful enough & you don't need exams making your life harder! Try these tips to help relieve stress & get you through exam season...

- Take regular breaks (Set a timer on your phone & do work for 30 minutes, followed by a 5 minute break)
- Exercise & get outdoors
- Keep things in perspective (Exams are important, but your mental well-being triumphs any exam)
- Make a to-do list
- Once an exam is done, forget about it (You did your best! There is no point in going on the exam again and again in your head)