

# NUTRITION NEWSLETTER

From your Dietetic Intern, Kelsey  
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**Wednesday, October 21st** is National Apple Day - Don't forget to grab one on your way out of meal hall!

Apples are a great snack to keep in your dorm room & can easily be thrown in your book-bag for a mid-day treat.

## Did you know?

**Apples are high in a fiber called Pectin, which acts as a prebiotic. This means apples can help promote the production of healthy bacteria in your gut.**

## Product Feature: Noodle House Bowl

Have you tried the noodle house yet? If you haven't, what are you waiting for? Head over to Bloomfield Cafe and create your very own Noodle House Bowl for only \$8.50!

Choose your noodle and top it with a wide array of vegetables, a protein source, and a warm broth.



## Chat with me!

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

Email [x2016ncg@stfx.ca](mailto:x2016ncg@stfx.ca) with any questions, comments, or concerns! I'd love to hear from you!

## What to Check Out at Meal Hall this Week

Try the Chicken, Sausage & Peppers Pasta Bowl at Dinner on **Tuesday, October 20th**. This bowl is packed with 37g of protein to keep you feeling full longer!



## Lifestyle

**Stand more, sit less!**



It's no secret that students spend a majority of their time sitting in class or at their desk studying. Taking a break out of studying to stand up can help you reenergize, refocus, and improve your posture.

Set a timer on your phone and try standing up every 30 minutes. You can even do a few laps around your study space to get your blood flowing!