

 SMC

PRESENTS

LOVE is the
best ingredient.

A Recipe for Success

Nutrition Tips for Students

Student success is largely impacted by health and nutrition. Choosing nutritious food can make all the difference when it comes to staying focused and feeling energized. Enhance your academic performance by following these simple tips!

THE KEY TO A HEALTHY DIET: BALANCE



Figuring out the right food options can be a challenge. It's no surprise students get confused with new trends and marketing tactics always popping up.



After reading this guide you'll be on your way to eating healthy in no time! When in doubt, focus on foods in their natural form (like a potato rather than a potato chip). Think about what you can add IN versus what you need to take out.

01

FIBER + PROTEIN = SATIETY



Fiber is found in all plant foods like whole grains, fruits, legumes and vegetables. It comes from their cell wall!

Making sure each meal and snack has fiber and protein will slow digestion and increase satiety, keeping you full and focused in class!

Fiber + protein combos

Greek yogurt + Berries

Turkey Slices + Whole Grain Bread

Oatmeal + Peanut Butter

Beans + Brown rice

Scrambled Eggs + Vegetables



CHOOSE A VARIETY OF FRUITS AND VEGETABLES

02

Consuming a wide range of fruits and vegetables will help make sure you are getting all the necessary vitamins and minerals.



Nutrient deficiencies can lead to unfavorable symptoms such as fatigue and brain fog.



The easiest way to ensure variety is to choose different colors.

TIPS

Aim for 5 servings of different fruits and vegetables per day.

03

ADD IN HEALTHY FATS



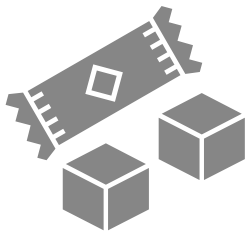
Like fiber and protein, adding in healthy fats to your diet can promote satiety and help you stay focused.



Replacing saturated fat (from dairy and animal meat) with unsaturated fat can help lower cholesterol and reduce risk of heart disease.



Unsaturated fats include: Olive oil, avocados, nuts, seeds, and fish.



AVOID ADDED SUGAR

04



After a quick spike in energy, blood sugar will plummet causing a crash. This can leave you tired, irritable, and hungry shortly after.



1 can of soda has about 40g of added sugar. This already exceeds the daily allotment of added sugar.

AHA added sugar limits:

- 25g for Women
- 35g for Men

Read your labels

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Limit products with over 10g added sugar.

Choose whole foods, without labels, most of the time and you won't have to worry.

05

STAY HYDRATED



Aim for **half your weight in oz** of water per day.

ex: 150 lbs / 2 = 75 oz (about 10 cups)

Hydration is essential for all of the body's processes. Dehydration can lead to fatigue and headaches.



GET ACTIVE

06



Exercise provides many benefits:

- weight management
- stress relief
- better sleep
- increased focus
- strength and endurance

TIPS

Try getting off the bus one stop early on the way home from work, and walking.

Aim for 30 minutes of activity per day. Choose something you enjoy too!

07

DON'T SKIP MEALS!



It's hard to concentrate when your stomach is growling. Eat a filling breakfast before coming to school and make sure to pack a snack for when you don't have time to stop for food.



Healthy and portable options:

- trail mix
- turkey jerky
- apple and peanut butter
- greek yogurt
- hard boiled eggs
- instant oatmeal
- raw veggies and hummus

Resources:

If you have trouble accessing affordable, nutritious food please visit smc.edu/foodsecurity for more options.