Fuel Your Body Well During Exams! The best meals for energy are a mixture of carbohydrates, protein and healthy fats.

Feed Your Brain with Good Carbohydrates. Your brain prefers it! Complex carbs are slow to metabolize so energy is better sustained. These include: Whole fruits, whole grains and vegetables. Simple carbs cause a quick energy release & a quick drop. For better energy, avoid white breads and pasta, candy and fruit juice.

The Power of Protein. Protein at meals & snacks slows digestion to better sustain energy. High protein foods include meat, poultry, fish. eggs, beans, dairy, soy, nuts and seeds.

Fat Effects. Enjoy moderate amounts of unsaturated fat. Fat is slow to digest & can keep you satiated. Avoid excesses, as with fried foods. These can slow things too much & leave you feeling sluggish.

Eat Breakfast! Those who eat breakfast do better at school than those who do not. It gets your metabolism going by breaking your “fast”.

Fuel Yourself Regularly! Eating something every 4-5 hours keeps you from getting too hungry. It also helps keep your blood sugar levels even, too!

Don’t Forget to Exercise! Regular physical activity helps to relieve stress of exams. Consider a walk or a trip to the gym before reaching for a candy bar.

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Foods to Promote Immune Function

What can you do to prevent colds and flu? Make healthy food choices! The foods you eat can have a big impact on your immune system’s ability to fight off colds and flu.

Fruits and vegetables are high in vitamins C, A and E, as well as antioxidants and phytonutrients that support the immune system. Eating a healthy diet, including 5-7 servings of fruits and vegetables each day, can help keep colds away. This is because food provides a whole nutritional package—many vitamins, minerals and antioxidants that help the body fight off infection.

Whole grains contain zinc and selenium, antioxidants that have been shown to boost immunity.

Wash your hands. Many cold and flu germs are picked up by touching something that has germs on it. Wash hands frequently, with warm soapy water, and try not to touch your face, eyes, nose and mouth.

Getting enough rest is essential for a healthy immune system. And, although everyone is different, experts recommend at least 7 hours of good sleep each night.

Moderate exercise strengthens the immune system, and studies show that people who exercise don’t get sick as often as people who don’t exercise.

Stay hydrated and drink plenty of water to keep mucous membranes moist. This makes it harder for cold and flu germs to settle into your nose or lungs. Avoid sodas—the high sugar content just adds unnecessary calories.

Don’t share! College students often think nothing of sharing food, drinks, and make-up with friends. It’s also a great way to share colds. Since you may have the germ before you have symptoms (or your friend may have the germ), just say no to sharing.

Ginger Recipes

Ginger is a natural plant that has powerful anti-bacterial and anti-viral properties. The body’s natural healing response to illness or injury is inflammation, which ginger has been proven to help treat. Ginger is useful in treating chronic inflammation by taking part in inhibiting two key enzymes that are involved in the inflammatory response.

**Ginger Tea**

1. Grate/chop ginger and add to a pot with water
2. Bring to a boil and boil for 10 minutes
3. Turn off heat and cover, let steep for 10-20 minutes depending on desired strength
4. Strain the tea or enjoy with the bits of ginger

**Honey Ginger Sparkler**

1. Whisk honey, lemon juice and grated ginger until mixed well
2. Add sparkling mineral water and gently stir
3. Serve cold or room temperature

Sources: