

ENN May 10, 2006

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UAlbany Nutrition News: Exam Snacks to Feature Popular Comfort Foods

Take a study break during final exams and enjoy the complimentary snacks provided by University Auxiliary Services, Chartwells, and Coca Cola.

Exam snacks will be served in all residence dining rooms from 9:00p.m. - 11:00p.m. Your SUNYCard will be swiped to record participation, but snacks will not be deducted from your meals or munch money. Below are the snack night dates and menus.

Thursday, May 11 Hot wings, assorted snack foods, raw vegetables and dip
Sunday, May 14 Assorted breakfast entrees, pastries, and bottled Minute Maid juices
Monday, May 15 Ice-cream sundaes, assorted desserts, and fresh fruit

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Nutrition Update: Food and Your Mood

TRUE: What you eat can be due to how you feel.

TRUE: How you feel can often be a result of what you eat.

*Be prepared to meet the stresses and challenges of exam week, by following these simple health tips.

Choose your comfort foods carefully. For example--

*Enjoy the creamy flavor and texture of premium ice cream, by eating smaller portions or substituting frozen low-fat yogurt or fruit ices. Check out the nutritional content of Hershey ice cream at <http://www.hersheyicecream.com/FlavorMain.asp?TID=5> and plan your exercise and food selections accordingly.

*Avoid overindulging by recognizing the correct portion sizes, eating slowly, and waiting 10 minutes before eating second helpings. Learn more about portion distortion at <http://hp2010.nhlbihin.net/portion/keep.htm>

*Choose low-fat protein and complex carbohydrates for meals and snacks. Complex carbohydrates include whole grain products, beans and vegetables. Carbohydrates will boost your serotonin levels, which has a calming effect. Complex carbohydrates will also increase the nutritional content of your diet. Find out more about the importance of eating whole grains by clicking on http://www.mypyramid.gov/pyramid/grains_why.html

*Keep it simple when selecting protein items. Choose unbreaded meat, poultry, or fish; skip the high fat sauces or gravies; substitute walnuts or pecans on salad instead of cheese or meat.

*Space meals three to four hours apart.

*Avoid the urge to eat to reduce stress. Instead, go for walk, talk to a friend or listen to relaxing music.

*Moderate your caffeine intake. Generally, moderate amounts of caffeine cause no physical harm. But for some individuals, excessive caffeine can cause anxiety, insomnia, headaches or stomach irritation. Healthy beverage choices include water, decaffeinated tea or coffee, low-fat milk, and 100% fruit juice.

Good luck on your final exams and have a safe and healthy summer.

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Your Turn: Email Us Your Thoughts

1. What foods/beverages would you like offered for late night exam snacks?

2. What ice-cream flavors and novelties would you like offered in residence dining rooms and Campus Center?

3. What nutrition topics would you like discussed in future ENN issues?

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