



## UAlbany Encourages Healthy Eating During Finals

As fall semester came to a close, UAlbany Dining Campus Dietitian, Donna Duffy, hosted a “Healthy Eating for Finals” event in the two freshmen resident dining rooms. Duffy featured a trail mix containing coconut flakes, salted peanuts, dried cranberries, unsalted sunflower seeds, dark chocolate and Cheerios. Each student was able to customize his/her own ‘trail mix to-go’ in snack-size bags. The trail mix customization made it possible for all students to participate even if they had food allergies or diet preferences. Depending on what ingredients the students chose, the trail mix was 100-200 calories per  $\frac{1}{4}$  cup serving.



“We wanted to offer students a snack that supports brain health and that is be easy for them to duplicate,” stated Duffy. “Trail mix is a great nutrient-dense snack that helps students optimize their energy levels since quality carbs and protein help them stay satisfied during long hours of studying.”

In addition to trail mix, Duffy included informational handouts outlining additional ways to boost brainpower and fight fatigue with water rather than caffeine. “I had no idea how different foods affect your energy level,” said Priscilla Pappas, a UAlbany freshman. “I’m going to drink more water and less caffeinated beverages moving forward.”

“It’s great seeing a high level of interest in this event,” said Duffy. “Our freshmen are experiencing for the first time the stress of college finals and term papers. Giving them guidance on how to get through the stress successfully by making the most beneficial food and beverage choices is one of our most important jobs as food service providers.”

*Featured in the January 2017 NACUFS Northeast Region Newsletter*