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# UTM EatWell

## Study Snacks

Smart students know that a combination of factors: physical exercise, adequate sleep, a distraction-free environment, in addition to healthy eating, can affect your ability to study effectively. When it comes to choosing study snacks, there are several things to consider.

**Are you really hungry?** Some of us use food as a treat or a distraction from tasks we find boring or frustrating. Eating when you are not really hungry may actually make you more sluggish and tired. When you are craving a snack, ask yourself “*am I really hungry right now?*” - this may help you decide if what you actually need is a cold drink of water, or a 10-minute power walk instead of food.



**Be Prepared.** Don't wait until it is 11:00 PM and the only food available is from the vending machine; instead plan ahead and prepare snacks to have with you when you are studying.

Fill small Ziploc® baggies or plastic containers with cut-up vegetables, fruit pieces, yogurt and granola, crackers, cheese or cheese strings, low-fat deli meats, or even leftovers. Bring along a frozen icepack to keep your snacks cool and food-safe.



**Foods That Fuel.** There are no foods proven to help us concentrate, however, it is generally believed that consuming a lot of sugar (like pop, chocolate bars, candy, and pastries) can lead to an energy “crash”, and so it's best to limit or avoid.

Keep your blood sugars and energy stable by choosing lower-sugar drinks (water, herbal tea, 100% fruit juice mixed with water or soda) and lower-sugar snacks like a small sandwich, yogurt with almonds or popcorn.

## Snacking for Study Success!

**Chew It Over.** While you may not want to eat these in the “quiet” area of the library, crunchy foods are often good stress relievers while studying. Instead of reaching for potato chips, consider celery sticks with peanut butter (seriously, try it!), broccoli pieces with low-fat dressing, toasted pita with hummus, flavoured rice crackers (ex. Quaker® Crispy Minis® rice chips), whole-wheat crackers (Triscuits®), or unsalted nuts.

**Don't Over-Caffeinate.** Caffeine is a vasoconstrictor, meaning it makes your blood vessels tighten and your heart beat faster. To some people, this effect helps keep them more alert, but to others this may feel more like nervousness or anxiety and can interfere with effective studying. Try to limit caffeine to 400 mg (this is about 2 medium-size coffees or Iced Capps) per day. Having a cold drink or snacking on frozen fruit like grapes or raspberries can be more invigorating than caffeine.

### Frozen Grapes

- (1) Rinse grapes under cool water, then remove stems and pat dry with a paper towel. Make sure they are really dry, otherwise they will stick together into one big block.
- (2) Place grapes on a flat tray, plate or in a re-sealable plastic container. Try to spread out the grapes so they don't touch each other (again, they will stick together and be harder to eat, if they are touching).
- (3) Place in the freezer for 4 – 5 hours (or overnight).
- (4) Keep frozen until ready to snack!

Instead of grapes, you can try blueberries, raspberries, or chunks of peach.  
A sweet, healthy treat!



### Need some FREE professional help?

The Health & Counselling Centre at UTM (Davis Building, Room 1123) has a **Registered Dietitian** who can assess your diet and help you make changes. Call (905) 828-5255 to make an appointment.