

EATING HEALTHY WHILE STRESSED



You've got a lot going on.
But eating healthy is still possible!



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Choose frozen fruits and veggies!

- Fruits and veggies are a great source of brain-boosting antioxidants!
- Less prep time - just steam in the microwave!
- Frozen is usually cheaper than buying fresh!
- **Examples: throw frozen berries into a smoothie, or veggies + soy sauce for a quick stir-fried side!**



Eat your carbs!

- Your brain requires carbohydrates to function properly!
- Feeding yourself properly allows for your brain to work its best during the stress of midterms!
- **Great sources of carbs are whole grain breads, fruit, rice, quinoa, squash, & potatoes**



Turn off screens at meal time!

- Tuning into what you are eating can help you stop when you feel full & satisfied
- Boosts relaxation
- Increases enjoyment of the meal!



Quick dinner ideas

- Brown minute-rice + canned black beans topped with salsa, frozen (warmed up) corn, chopped bell pepper, shredded cheese, and lettuce
- Whole grain pasta topped with...
 - Tomato sauce with ground turkey
 - Sautéed frozen veggies (zucchini, peas, carrots, onions, or what you like!)



Take a break to eat!

- Try to avoid eating meals on the go
- Meal planning can help with this - know what you plan to eat before you head out for the day!
- Pack snacks for on the go, and sit down for meals

Give yourself a treat!

- Normalizing the addition of sweets in your diet makes you less likely to eat them in excess.
- Strive for consistent intake of fruits, veggies, protein, and carbs, and don't forget to save room for treats :)



Need more help?
Come meet with a nutrition counselor for FREE at the ASPIRE clinic!

Schedule at www.fcs.uga.edu/aspireclinic → Request services

Call 706.542.4486