

GUIDELINES FOR HEALTHY MEALS AND SNACKS



Remember: Protein • Carb • Low-fat • Water

Be sure to include:

◆ Protein

While having a piece of fruit or a glass of juice may appear to be a nutritionally excellent choice, it most likely will not last as long as a snack. Always try to pair a carbohydrate with a protein source.

◆ A Plant and/or Whole Grain

Whenever you can, select a plant (fruit or veggie) or select a whole grain product instead of a processed food. You'll be giving yourself vitamins/minerals, antioxidants, and fiber, which contribute to a healthy and fit body.

◆ Water

Even slight dehydration can negatively affect energy and the ability to concentrate. Plus, you'll be more prone to OVER eating if you're dehydrated. Have at least 8 ounces of water at each snack and meal.

◆ Remember to keep it low in fat!

Breakfast Suggestions

- ❖ Old-fashioned oatmeal, fruit, skim milk, possibly scrambled eggs
- ❖ Whole-wheat toast or small bagel, peanut butter, fruit and/or skim milk
- ❖ Kashi or similar cereal that is high in fiber; add raw oats, skim milk, fruit
- ❖ Scrambled eggs with whole wheat toast, skim milk and/or fruit

Snack Suggestions

- ❖ String cheese + fruit or whole grain cracker (e. g., Triscuits, Kashi, Wasa)
- ❖ ½ sandwich with lean meat on whole grain bread
- ❖ Peanut butter + fruit or carrots
- ❖ Dry roasted soynuts with or without fruit (soynuts contain carbs)
- ❖ Cottage cheese + fruit
- ❖ Boiled egg + whole grain crackers or veggies
- ❖ Protein bar containing at least 15 grams of protein
- ❖ Hummus + raw veggies
- ❖ Yogurt + 1-2 T old-fashioned raw oats added (sustains energy)
- ❖ 1/4 - 1/3 cup nuts or seeds
- ❖ Whole grain bread with peanut butter or cheese

Lunch and Dinner Suggestions

- ❖ Veggie pizza (light on the cheese), salad with vinaigrette, skim milk, fruit
- ❖ Turkey or ham sandwich on whole wheat, pretzels or Triscuits, salad with vinaigrette, skim milk, fruit
- ❖ Burrito: wrap/beans, rice/cheese or guac/salsa, fruit – watch out for the chips! – if it's a huge burrito, eat half now, half later.
- ❖ Chicken breast, black beans with salsa, salad with vinaigrette, fruit or yogurt
- ❖ Pasta: add veggies/tofu or lean meat or shrimp; salad with vinaigrette, fruit or yogurt
- ❖ Cous cous: same as above
- ❖ Lean burger: whole wheat bun if possible, baked potato with light sour cream, salad with vinaigrette
- ❖ Stir fry: rice, heavy on the veggies, add tofu or lean meat, fruit

Did you know?

Currently enrolled Emory students can make a **free, confidential** appointment with our nutritionist Carol Kelly, RD, LD, by calling 404-727-7551 or on Your Patient Portal at www.studenthealth.emory.edu



Smart Snacking for Late-Night Studying

Need to stay awake to write the paper or read chapters and chapters... or *Both?!*

Is the following scenario familiar?

It's late; you're hungry and tired and you have hours of studying ahead. What can you eat that will help keep you thinking, not put you to sleep, but also won't keep you from sleeping when you need it?

Research has suggested that some foods may help promote alertness while other foods may enhance relaxation and possible sleepiness.

Need a snack and you're going to sleep in an hour or so?

Choose foods which have a higher than usual tryptophan content (milk and yogurt) and/or foods which are lowfat, high in carbohydrate content (may enhance tryptophan uptake). Increased tryptophan uptake may enhance relaxation and sleepiness.

For some, spicy foods are stimulating, so you may want to avoid those, too.

Here are some suggestions:

- Yogurt with cereal
- Cereal with milk
- Lowfat cookies such as plain graham crackers or vanilla wafers (one or two portions only, though—not half the box!)
- Toast with jam or jelly

Need to stay alert for hours?

Focus on foods that are high in protein, moderate-to-low in fat and carbohydrate content. More at one time is not better! A large feeding may promote sleepiness. Stay well-hydrated, as dehydration can enhance fatigue (and appetite!)

Try these high protein snacks:

- Cottage cheese with small amount of cereal or fruit if needed
- Half or whole lean meat sandwich (generous with the lean meat)
- Hummus and veggies
- Nutrition Bar that contains at least 15 grams protein
- Edamame

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