**NutriBytes**

Mini Messages for Smart Brains

Are you tired? 
No energy for finals? 
Want to ace your finals? 
Then...

**Fuel Up for Finals Week!**

<table>
<thead>
<tr>
<th>Category</th>
<th>Do This...</th>
<th>...Not That!</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meal Time</strong></td>
<td><strong>Eat balanced meals</strong>&lt;br&gt;Taking the time to eat a balanced meal is worth it for your body and for your brain!</td>
<td><strong>Snack all day</strong>&lt;br&gt;- Snacks are good between meals, but snacking all day on unhealthy foods won’t fuel your body the right way.&lt;br&gt;- Your body needs a variety of nutrients from different sources to fuel your study time!</td>
</tr>
<tr>
<td><strong>Snacking</strong></td>
<td>Choose <strong>healthy snacks</strong> with brain-fueling proteins and carbs, like:&lt;br&gt;- Trail mix&lt;br&gt;- Yogurt parfait&lt;br&gt;- Veggies and ranch or hummus&lt;br&gt;- Apples and peanut butter</td>
<td>Avoid snacking on <strong>high-sugar foods</strong>, because they will lead to blood sugar crashes that will make you feel hungry and tired.</td>
</tr>
<tr>
<td><strong>All-Nighter:</strong></td>
<td>A little bit of <strong>caffeine</strong> can do you good for a long night of studying. Choose a <strong>low-fat latte</strong> for added protein and carbs that will keep you full and focused!</td>
<td>Steer clear of energy drinks that load you with sugar and will surely cause a caffeine crash later!</td>
</tr>
</tbody>
</table>

Created by Regine Leger and Augusta Hasse Dietetic Interns, 2012-2013
The Dietetic Internship Program at Vanderbilt

Source: www.choosemyplate.gov

www.vanderbilt.edu/wellnesscenter

Wellness Center