

Tell us what you think!



SMART NUTRITION

Check out the evidence!



Healthy eating in university can be difficult. This list includes some quick nutrition tips that can help students cope with stress and stay nourished without breaking the bank.

BENEFITS OF HEALTHY EATING FOR STUDENTS

Eating nutritious foods has been shown to increase productivity,⁶ enhance sleep quality,¹⁶ and positively impact mood.¹ In addition, when deadlines and important exams become anxiety provoking, eating certain foods can buffer your stress response and help promote feelings of calmness.¹⁷



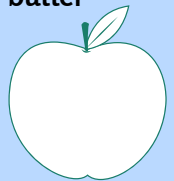
NOURISHING & EASY SNACK PREP



- **Fresh fruit** such as an apple, strawberries, or a banana. Tip: store fruit in a plastic container to keep it from getting bruised
- **Canned fruit in water**
- **Dried fruit** like apricots, apple rings and raisins
- **Mixed nuts**
- **Boiled Egg**

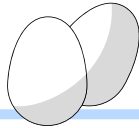

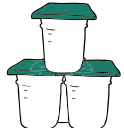



- **Raw vegetables** such as baby carrots, cherry tomatoes and sliced bell peppers
- **Almonds**
- **Whole grain crackers with peanut/almond butter**
- **String cheese**
- **Unbuttered microwave popcorn**
- **Plain yogurt with fruit added**



TIP: Some snacks should be kept cold (like yogurt and cheese). Freeze a water bottle the night before and throw it in your backpack to keep your food cold.

SUPERFOODS FOR STRESS

Superfood for Stress	What can they do for you?
Eggs	<ul style="list-style-type: none"> • Contain amino acids • Help regulate mood, sleep, memory and behaviour¹¹ 
Leafy Greens (Kale, Broccoli, Spinach, Swiss Chard)	<ul style="list-style-type: none"> • Rich in magnesium • Has been shown to increase feelings of calmness⁷
Fatty Fish (Salmon)	<ul style="list-style-type: none"> • Can help reduce levels of anxiety^{8, 12} • Extra tip: Omega-3 supplements can be an affordable alternative 
Fermented Foods (Yogurt, Sauerkraut)	<ul style="list-style-type: none"> • Helps reduce social anxiety and increase self-reported happiness¹⁵ • Yogurt can be an inexpensive breakfast idea on the go! 
Seeds and Nuts	<ul style="list-style-type: none"> • Brazil nuts in limited amounts are high in selenium, which improves mood by reducing inflammation² • Walnuts can improve mood and reduce anxiety due to high levels of antioxidants¹ 

QUICK TIP

Remember: planning ahead when it comes to packing meals and snacks is essential for healthy eating on a budget!



Staying Hydrated

Drinking water regularly throughout the day is an effective and simple step to enhance our well-being. Research shows that staying hydrated can help improve speed of cognitive responding as well as improve certain aspects of mood.^{10, 18}

NUTRIENTS TO LOOK OUT FOR

What?	Why is it important?	Foods to look out for
Zinc	<ul style="list-style-type: none">Linked with lower levels of anxiety in adults¹⁴	oysters, cashews, liver, beef, and egg yolks
Complex Carbohydrates	<ul style="list-style-type: none">Can help the brain to increase serotonin productionHelps reduce stress³	whole grains, fruits, and vegetables
Magnesium	<ul style="list-style-type: none">Limits the release of stress hormonesActs as a buffer to prevent stress hormones from entering the brain⁷	quinoa and tofu
Vitamin C	<ul style="list-style-type: none">Can reduce stress, boost the immune systemHelps lower the levels of cortisol, a stress hormone, during high-anxiety situations¹³	kiwis, cantaloupe, and oranges

MINDFUL EATING^{5, 9}

Before eating, take a moment to reflect upon how you feel.

Eat your meals in silence once in a while.

Before eating, pause and take a moment to smell your food and notice the colours.

Try not to eat foods directly out of their container. Display it attractively on a plate or bowl.



Put down your utensil after every bite, pick it up once you have enjoyed and swallowed.

Don't eat on the go, have a seat.

Put away your phone and turn off the TV while eating!

Take time to enjoy the flavors and textures in your mouth before you swallow your food.

QUICK TIPS TO SAVE MONEY⁴



Buy supermarket brands

Many of us tend to buy brands, usually because we are looking for a certain level of quality. However, the supermarket brands may have the same quality for a lower price. Set yourself a challenge trying out the supermarket brands to compare. You may be surprised!



Never shop for food when you are hungry

Shopping for food when you are hungry can increase your chances of making expensive and impulsive purchases. Make sure not to shop on an empty stomach by having a meal or grabbing a snack before you head out.



Look both high and low

Grocery stores know that the middle shelf is where people are more likely to look, so this is usually where the most expensive products are placed. Take time to look at the lower shelves to be able to compare prices.



Avoid food waste

According to the United Nations Statistics program, 1.3 billion tonnes of food produced for human consumption gets wasted every year. Avoid over consumption and freeze your food if you are buying in bulk.



Organize your fridge and food

Eliminate food waste by making sure that you organize your fridge and food to ensure items that are closer to their expiration date are at the front.



Prepare a grocery list

Having a grocery list will reduce the chances of making impulsive purchases. Include on your grocery list ingredients for 2 or 3 easy, quick meals for your meal. Out of Milk is a free app that helps you keep track of everything you need to buy.

APPS AND OTHER RESOURCES



Aqualert is a daily water tracker that motivates you to drink water regularly, calculates your daily water requirements and sends you notifications to keep you on track. ([Apple/Android](#))



Out of milk, AnyList, and Our groceries help you create and share your grocery list with other members in your household.



Eat This Much creates personalized meal plans based on your food preferences, budget, and schedule. ([Apple/Android](#))



Supercook Just add your ingredients and Supercook instantly finds matching recipes from the most popular cooking websites!



Flipp (for use in Canada) browses all the weekly circulars from local retailers in your area with coupons from your favourite products, so you can find the best deals every week. ([Apple/Android](#))

The tips and recommendations in this infographic are for your information only and do not endorse any particular diet or frequency of food consumption. Disordered eating is a common difficulty among university students and we encourage you to seek formal help if you or someone you know is experiencing difficulties with food and eating habits.

FEEDBACK & CONTACT INFORMATION

