

## Stress Busting Food Ideas

Use the following nutrition tips to keep you alert and avoid useless calories while studying.

### Eat breakfast. Quick breakfast ideas:

- Small fruit, whole wheat toast with peanut butter, milk
- Melted cheese on whole wheat toast,  $\frac{1}{2}$  bagel, or tortilla, 6 oz OJ
- Yogurt (with fruit and a few almonds)
- Low fat cottage cheese and fruit, with  $\frac{1}{2}$  English muffin and jelly
- Slice leftover pizza, 6 oz OJ
- Instant oatmeal with milk, nuts, and OJ
- Breakfast smoothie (1 C. skim milk or no-fat yogurt,  $\frac{1}{2}$  C. frozen fruit, and 1 T. wheat germ whirled in a blender)
- Peanut butter or slice of deli meat on whole-wheat toast and skim milk
- Toasted whole-wheat waffle, topped with 1 T. syrup and  $\frac{1}{2}$  C cut up fresh fruit
- Packet of Carnation Instant Breakfast® mixed with skim milk
- Slimfast® shake or bar
- $\frac{1}{2}$  C. low fat cottage cheese and fruit
- 1 egg, English muffin or 2 slices toast, with 6-8 oz orange juice
- Ready-to-eat cereal/skim milk and one piece or  $\frac{1}{2}$  cup cut up fruit

### Emphasize protein over carbohydrates. Higher protein food combinations for meals and snacks:

- Pasta with chicken strips
- Frozen entrees
- Protein smoothie
- Canned tuna or chicken and crackers or as a sandwich
- Microwave scrambled eggs and toast
- High protein cereal (like Kashi Go Lean®) dry or with low-fat or skim milk
- Bean and cheese quesadilla (with salsa)
- Cottage cheese and fruit
- Chili / Stew / Bean soups
- String cheese with crackers or fruit
- Baked tortilla chips and bean dip or hummus
- Chicken, turkey, ham, or roast beef sandwich
- Yogurt (with fruit, nuts, dry cereal, any or all)
- Broth-based soups
- Peanut butter sandwiches (optional: jelly, honey, banana)

**Stock up on low-fat, higher protein snacks:**

- 1/2 to 1 C. low-fat yogurt
- 1/2 English muffin with 1 tsp jelly and 1/2 C skim milk
- 1/2 Lean meat sandwich
- 1/2 sports bar
- fresh or canned fruit
- 4 pieces of dried fruit
- 2-4 high fiber crackers (Wasa, Ak-Mak) and jelly
- 1 cup high fiber, low sugar cereal dry
- Sugar-free hot chocolate
- 3 cups low fat popcorn
- 1 cup pretzels
- baby carrots and dip or hummus
- Make your own Trail Mix:  
1c. Cheerios, Chex  
2T nuts  
2T dried fruit (raisins, etc.)
- Hard boiled egg, alone or with 6 Whole grain crackers
- 1 Tablespoon of Peanut butter with on of: Apple, Banana, Graham crackers, Celery, 6 Whole grain crackers
- Milk (chocolate okay)
- Peanut butter, crackers and milk
- 10-20 nuts (with fruit)
- 1/4 cup soy nuts
- 12 oz can V-8 or tomato juice
- 1/2 microwaved sweet potato