

FSU MINDFUL NEWS

April 2018



SPRING IS IN THE AIR

Spring is in the air! We hope that you are enjoying the warm weather as the end of the semester approaches. Although you may start to neglect your healthy habits as the semester winds down, your health and wellness is more important than ever!

As we get closer to the end of the semester and finals, it is important to

take care of yourself both physically and mentally. Dining Services can help! Be sure to check out all of the Mindful options offered in the Dining Commons and at our retail locations. The easy to identify menu items (look for the green apple) will help you stay on track with your health and wellness goals!



FSU Dining Services Team

APRIL EVENTS

2nd Tea Time
Dining Commons 11:30 am - 1:30 pm

3rd Nutrition Fair
Dining Commons 11:30 am - 1:30 pm

9th Hydration Station
Dining Commons 11:30 pm - 1:30 pm

11th Fresh Check Day w/ the SEALS
The Forum 12:00 pm - 2:00 pm

19th Earth Day Celebration
Dining Commons 11:30 am - 2:30 pm

30th Pause 4 Paws w/ the SEALS
The Forum 12:00 am - 2:00 pm

SNACK ATTACK: LATE NIGHT EDITION

You have already eaten dinner, but have hours of studying to go. You are bound to get hungry while at the library. But what is the best snacking option post dinner?

A good study snack includes healthy carbohydrates. Carbohydrates contain glucose, the brains preferred energy source. If you do not include healthy carbohydrates in your snack, odds are you will not have a very productive night in the library. When it comes to healthy carbohydrates, think whole grains, dairy, and fruit. In addition to healthy carbohydrates, aim to include a source of protein or healthy fat. Protein will leave you feeling full while healthy fat will help satisfy your hunger. When it comes to healthy protein options think canned fish and deli turkey. For healthy fat sources, think nuts and seeds. Combining these nutrients will ensure you have a well balanced snack that will keep your brain fueled. Take a look at these healthy alternatives when you are craving a specific snack late at night:

Instead of
Potato Chips

Try
Nuts & Seeds Trail Mix
Whole Grain Crackers & Cheese

Salty

Instead of
Hot Pockets or Pepperoni Slices

Try
Deli Turkey & Whole Grain Crackers
Whole Wheat English Muffin Pizza

Savory

Instead of
Ice Cream or Chocolate

Try
Yogurt with Whole Grain Cereal
Fruit Smoothie

Creamy

Instead of
Candy, Baked Goods, or Sweets

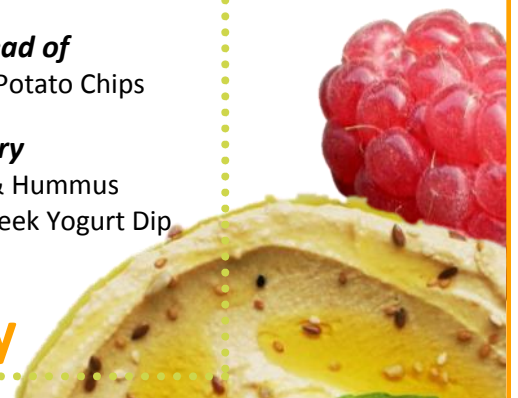
Try
Banana & Peanut Butter
Melon & Yogurt Dip

Sweet

Instead of
Pretzels or Potato Chips

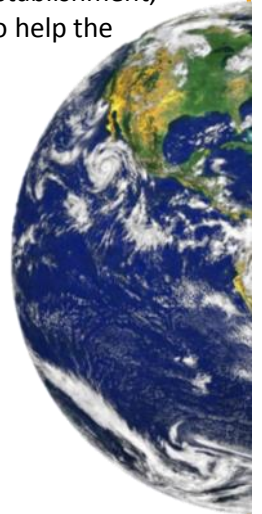
Try
Veggies & Hummus
Crackers & Greek Yogurt Dip

Crunchy



CAROLYN'S CORNER

This year, Earth Day will be celebrated on Sunday, April 22nd. Although Earth Day happens once a year, you should make an effort to take part in sustainable efforts everyday! All of us play an integral role in helping our planet. Dining Services works hard to be a sustainable establishment, but we can still use your help to be even more eco-friendly. Here are 5 easy ways to help the environment whether you are dining on-campus or at home!



1 RETHINK BOTTLED WATER

Americans throw away 2.5 million plastic water bottles every hour and the majority of the plastic is not recycled! Instead they take thousands of years to decompose in landfills. Buy a reusable bottle and fill it with water! It is not only a great choice for the environment, but a great choice for your wallet and for your health.

2 GO MEATLESS ONCE A WEEK

One less meat-based meal a week helps the planet and your overall health. Did you know for every burger skipped you can save enough water to shower with for the next 2.5 months?

3 PRINT DOUBLE SIDED

The average American uses seven trees a year in paper, wood, and other products made from trees. That equal about 2 billion trees per year! Help save a tree by printing double sided.

4 USE A SMALLER PLATE

Did you know 40% of food is wasted in the United States? Sometimes your eyes are bigger than your stomach. For your next meal, use a smaller plate. That way you will only take as much food as you are actually going to eat and avoid wasting food. Remember, you can always go back for seconds if you are still hungry.

5 SKIP THE STRAW

Every day, Americans throw away 500 million plastic straws. That adds up to 175 billion a year! Consider going without the straw.

For more information, contact:

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FOOD FACTS WITH KATHY

We all know how stressful this time of year can be! We are approaching finals, you probably have multiple projects that are due but all you can think about is the warm sunshine and the fresh air. Well, we are here to help! In honor of Stress Awareness Month, try these stress management tips the next time you feel under pressure:

- > **Get Enough Sleep** - It may seem impossible, but adults should be getting around 7-9 hours of sleep per night! If you are not getting this much now, start by increasing in small increments. Aim to go to sleep 20 minutes earlier tonight.
- > **Eat Well** - A diet rich in fruits, vegetables, and whole grains will keep you energized enough for an intense study session without needing to reach for caffeine.
- > **Exercise** - Not only is it good for you physically, it's good for you mentally! Exercising just 20 minutes a day will help ease your mind and the hormones released will reduce your stress levels.
- > **Talk It Out** - Grab a friend, a family member, or even a professor and tell them how stressed you are. You will be surprised how much verbalizing your stress helps.
- > **Make Time for the Things You Enjoy** - Maintaining some normalcy in your routine and your habits will help you feel more at ease. Not to mention, taking part in activities you enjoy will make you happy and reduce stress!
- > **Set Small Achievable Goals** - Don't try to write a paper all in one night! Write one section at a time and move on to another task.
- > **Fake It Until You Make It** - Tell yourself that you have everything under control, even if you don't. Stay positive and everything will work out the way it is supposed to.
- > **Learn To Study More Effectively and Get Organized** - You cannot study for an exam if you did not know it was scheduled. Get a planner and make sure you know when assignments are due so there are no surprises. Need help studying? Visit CASA!

For more information, please contact:

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