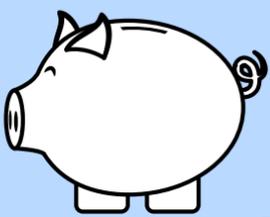


SMART EATING FOR STRESS MANAGEMENT

HEALTHY EATING ON A BUDGET



Healthy eating in university can be difficult. This list includes some quick nutrition tips that can help students cope with stress and enhance their well-being.



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

BENEFITS FOR UNIVERSITY STUDENTS

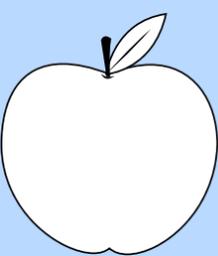


Healthy eating is especially beneficial for students. Several superfoods have been shown to increase attention and memory. In addition, when deadlines and important exams become anxiety provoking, eating certain foods can buffer your stress response and help promote feelings of calmness.^{1, 6, 9, 12, 13}

HEALTHY & EASY SNACK PREP



The following are examples of some healthy and affordable snacks you can take with you anywhere:



Fresh fruit such as an apple, strawberries a banana. Tip: store fruit in a plastic container to keep it from getting bruised

Canned fruit in light syrup

Dried fruit like apricots, apple rings and raisins

Raw vegetables such as baby carrots, cherry tomatoes and sliced bell peppers

Trail mix

Almonds

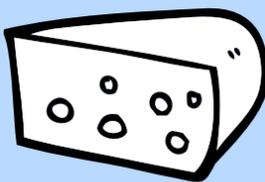
Whole grain crackers with peanut butter

String cheese

Unbuttered microwave popcorn

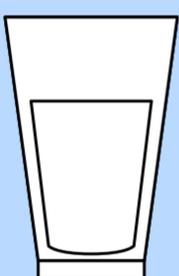
Yogurt

Pretzels



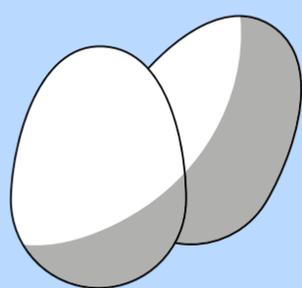
TIP: Some snacks should be kept cold (like yogurt and cheese). Freeze a water bottle the night before and throw it in your backpack to keep your food cold.

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.^{11, 17}

SUPERFOODS FOR STRESS



Eggs

Eggs contain an amino acid that helps create serotonin, a chemical neurotransmitter which regulates mood, sleep, memory, and behaviour. ¹¹

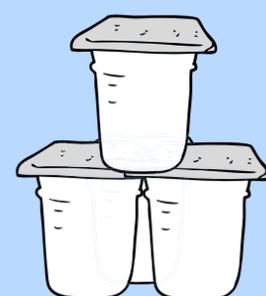
Fatty Fish

Eating salmon on a regular basis can help reduce levels of anxiety for both men and women. Omega-3 supplements can be an affordable alternative for students. ⁸



Leafy Greens

Foods naturally rich in magnesium such as spinach and Swiss chard have been shown to increase feelings of calmness in adults. ⁷



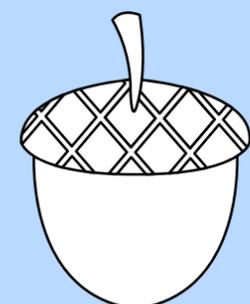
Yogurt

Research suggests fermented foods (e.g., yogurt, sauerkraut) may help reduce social anxiety in young adults and increase self-reported happiness. Grab a yogurt on the go as an inexpensive breakfast idea! ¹⁶



Seeds and Nuts

Brazil nuts are high in selenium, which improves mood by reducing inflammation. Eating potassium-rich foods, such as pumpkin seeds, may help reduce symptoms of stress and anxiety. ²



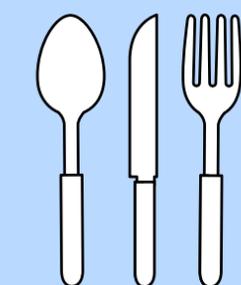
Consume a variety of foods high in essential nutrients

Zinc

Foods such as oysters, cashews, liver, beef, and egg yolks are rich in zinc and have been linked to lowered levels of anxiety in adults. ¹⁵

Magnesium

Magnesium limits the release of stress hormones and acts as a buffer to prevent them from entering the brain. Meal prep some quinoa and tofu as a cheap and magnesium rich lunch or dinner idea. ⁷

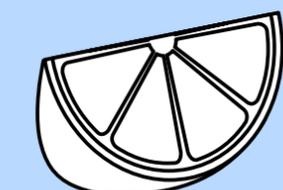


Complex Carbohydrates

Complex Carbohydrates such as whole grains, fruits, and vegetables can help the brain to increase serotonin production as a way to reduce stress. ³

Vitamin C

Citrus fruits can reduce stress, boost the immune system, and lower the levels of cortisol, a stress hormone, during high-anxiety situations. Kiwis, cantaloupe, and oranges are full of vitamin C nutrients and make great snacks to pack for an on-the-go day. ¹⁴



MINDFUL EATING ^{10,5}



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.

Resist eating out of the bag or box. Portion your meals and snacks.

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

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

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 \$\$\$⁴



Buy supermarket brands

Many of us tend to buy brands that we know, usually because we are looking for a certain level of quality. However, we often buy brands out of habit, when the supermarket brands may actually have the same quality for a lower price. Set yourself a challenge next time you go shopping and try out the supermarket brands to compare. You may be surprised!



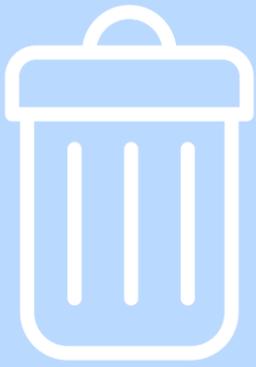
Never shop for food when you are hungry

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.



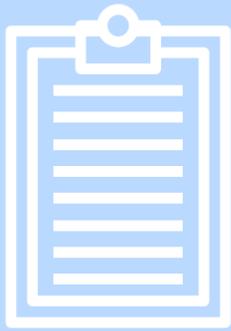
Avoid food waste

According to statistics Canada, the average household wastes 1,100\$ of food per year.⁴ Therefore, avoid over consumption and freeze your food if you are buying in bulk. Try to keep track of expiration dates by keeping an erasable board on your fridge with weekly expiration dates.



Organize your fridge and food pantry

Another tip to eliminate food waste is to make sure that you organize your fridge and food pantry to ensure items that are closer to their expiration date are at the front. You can also use a marker and tape to clearly label leftovers with expiration dates, so you know to eat them before they go bad.



Prepare a grocery list

Having a grocery list will reduce the chances of making impulsive purchases. Out of Milk is a free app that helps you keep track of everything you need to buy (<https://www.outofmilk.com/>).

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)



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



Flipp browses through 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)



Out of milk, AnyList, and Our groceries help you create and share your grocery list with other members in your house hold. (Apple/Android)



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