

Nutrition Newsletter

What's in Your Mini Fridge?

Tips for healthy late night snacking & avoiding stress eating

As the school year comes to an end often times college students find themselves sleep deprived and stressed. Vulnerabilities like these situations can lead people to eat in excess—and often times the foods chosen are higher in fat, sugar, and sodium. One way to prevent unhealthy late night snacking during an intense study session is to eliminate high fat, high calorie foods from your reach. How you stock your mini fridge is the first step. Always have fresh fruit on hand— a bowl of apples, oranges and bananas make a quick & easy snack that can be grabbed while studying. Pairing fresh fruit, like apples or bananas, with a tablespoon of peanut or other nut butters can provide a more filling effect. Keep a jar of nut butter in your room/kitchen to ensure you always have an easy source of protein handy. Fresh vegetables like carrots or celery sticks can be an easy-to-grab snack and satisfy your urge to munch on something while you work. Pair with a nut butter, hummus or a yogurt dip. Hummus is a great snack to have available at all times. It is high in protein, helping you feel fuller longer and can be paired with a variety of foods such as fresh vegetables, tortilla chips, whole wheat crackers or spread on a whole wheat tortilla to give a homemade wrap a creamy addition. Other quick and healthy snack options are low fat cheeses such as 2% mozzarella cheese sticks, Greek yogurt and low fat milk. Keep a high fiber, low fat cereal or granola on hand to mix with Greek yogurt or low fat milk for a healthy breakfast or late night snack. A fresh, low sodium salsa is also another good snack to have available regularly— it can be paired with tortilla chips, whole wheat crackers, or fresh veggie sticks as an additional source of vegetables in your day. Avoid sugar sweetened beverages all together; opt for water. Infuse your water with fresh fruits, vegetable or herbs for extra flavor if needed. Finally, try to avoid mindless eating and snacking—if you are staying up later to finish that last big paper or studying for a final exam just remember to eat only if you feel hungry and to be aware of what and how much you are consuming.

