

# Food For Final's Thought

Students who eat healthy during finals week can beat test-time stress.

By SHEA WIGGINS  
 THE BATTALION

Students who reach for a candy bar and a cup of coffee to make it through the last hour of studying before a final may not realize they are doing more harm than good.

Experts say these artificial stimulants will decrease studying productivity.

Dr. Jane Cohen, a health education and nutrition specialist, said reducing consumption of caffeine and sugar helps students prevent stress.

"Students think that coffee, tea, soda and chocolate will keep them awake, but they need to limit this consumption and eat well-balanced meals during finals," Cohen said.

Deborah Shipley, a graduate student in nutrition, said students should try not to drink caffeine to stay awake.

"Caffeine is only a stimulant for a certain amount of time, and it will decrease your energy in the long run," Shipley said.

Shipley said students should not drink more than one cup of coffee.

"If you drink pots of coffee to keep awake, you can't go to sleep when you finally are done studying for the night," Shipley said.

Shipley said students should not drink caffeine after 8 or 9 p.m., and should eat carbohydrates before an exam.

"Studies have been done which show that students who eat before class do better on exams, and better in

school," Shipley said.

Cohen said students can prevent mid-morning slumps by consuming a healthy breakfast.

"Students frequently pull all-nighters to have that last-minute preparation," Cohen said. "Sleep and a healthy breakfast choice would benefit their studying more."

Cohen said students should avoid consuming large amounts of fat before a test.

"The ideal meal for a morning final would be a bagel, juice and cereal with milk," Cohen said. "Pasta, fruits, or vegetables and a serving of protein is a good meal to eat before an afternoon final."

Cohen said students who need to eat on campus before a final can find healthy meals in the Lite Line of Food Services or low-fat snacks in the vending machines.

Adrienne Olsen, a sophomore business major, said she and her roommates do not eat out during finals.

"We try to cook low-fat and we take turns cooking," Olsen said.

"We divide duties so that we get good meals, but no one has to worry much about cooking."

Kristen Brewer, a junior biomedical science major, said she eats a Power Bar before a final.

"People think sugar is good when they are tired, when something with protein is much better for you," Brewer said.

Shipley said exercise is a good way to review what is being studied.

"When you are exercising for a break, you can think about what you have been studying and review it over in your head," Shipley said.

Cohen said students can even jump up and down to wake up.

"Exercise is good because it gets rid of the byproducts of stress,"

Cohen said.

"It reduces the endorphins in the brain, and then increases your well-being."

She said students should have six hours of sleep every night — even under deadline pressure.

"Relax before the test, practice deep breathing and focus on a positive outcome," Cohen said.

Cohen said stress can reduce energy needed to study.

"Don't worry, but be prepared," Cohen said. "Study now and don't wait until the night before."

## AFTERNOON FINAL RECIPE

Energizing Pasta Toss:

- 8 ounces cooked corkscrew pasta
- 1 1/2 cups cubed mozzarella cheese
- 2 cups of raw vegetables
- 1 cup cubed salami (optional)
- 1/2 cup Italian dressing

Combine all ingredients. Add salt and pepper for taste. Stores for one week. \*Green peppers, onions, and tomatoes taste great for the vegetables.

## STUDY BREAK RECIPE

Brain Booster Smoothie:

- 1 cup OJ or pineapple juice
- 5 to 6 frozen or fresh strawberries
- 1 frozen banana (peel before freezing)
- 1/2 cup vanilla yogurt (or soft tofu)
- 1 tablespoon honey
- 2 tablespoons wheat germ (optional)

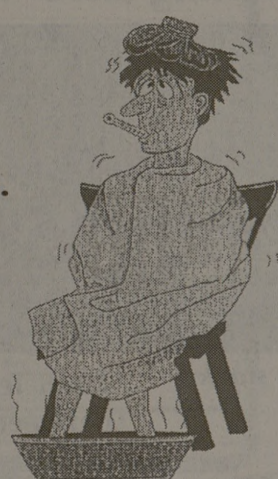
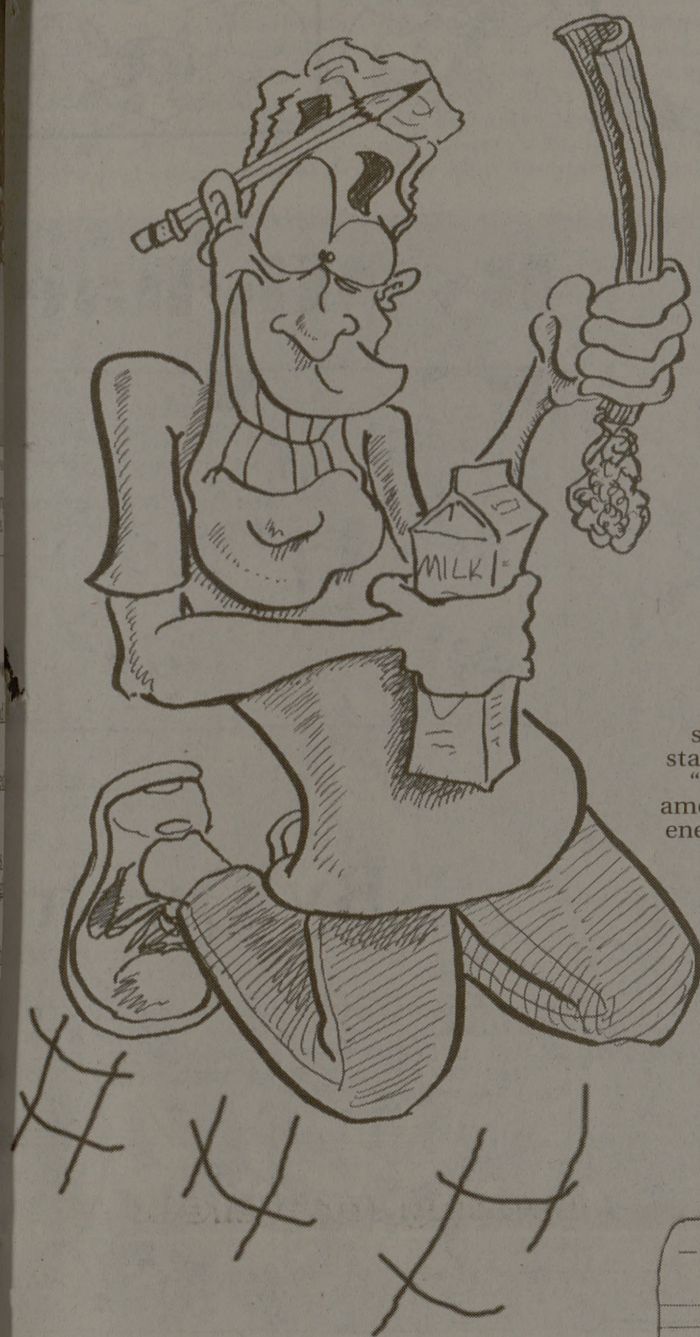
\*For a thicker smoothie, add ice. Mix all ingredients in blender. Serve.

## MORNING FINAL RECIPE

Power Muffins:

- 1 3/4 cup flour
- 1/3 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 beaten egg
- 3/4 cup milk
- 1/4 cup cooking oil
- 1/2 cup fruit or apple sauce (fat-free alternative)

Combine all ingredients. Lightly grease muffin pan. Cook at 400 degrees for 20 minutes. Stores for one week.



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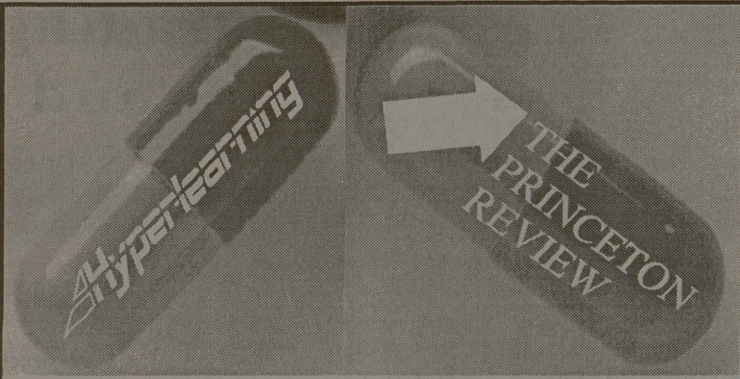
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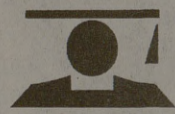
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