

# SEPTEMBER



## NUTRITION NEWSLETTER



### Back to School Wellness Tips!

Creating a balanced college experience will help you develop habits that will continue through your post-grad life. Use these simple, manageable wellness tips to maintain your health in college!

#### Diet

- Learn proper portion sizes. This is especially important to follow in all you can eat dining facilities where choices are unlimited.
- Be prepared with healthy snacks. Grab a piece of fruit or pre-portioned nuts when you leave for a busy day. This will help prevent reaching for unhealthy options when hunger hits.
- Drink water! Staying hydrated will keep you focused. Get in the habit of bringing a reusable water bottle to class with you. Stay away from sugary beverages.

#### Exercise

- Walk or ride your bike to class. Skip public transportation and opt for a chance to fit in a few extra minutes of exercise between classes.
- Find a gym buddy. You will be less likely to skip a workout when a friend is counting on you to show up. Also, exercising together makes a workout more fun and motivating.
- Attend group fitness classes. Find out what's offered on campus. It's a great way to make new friends.

#### Sleep

- Get a full night's rest whenever possible. Everyone has different needs, but aim for 7-9 hours of sleep each night to ensure you have enough energy to get through your busy day.
- Don't work in bed. Keep your work and sleep place separate. Having a designated work spot will help reduce insomnia. Limit distractions by removing laptops, cellphone and other electronics from your sleep area.
- Develop a sleep routine. Get your body used to a regular sleep schedule by going to bed and waking up around the same time each day. Make sure you discuss desired bedtimes with roommates.



#### Stress

- Don't fight stress by eating. Snacking when you're not really hungry won't help. Instead, go for a walk, listen to music or meditate to manage stress levels.
- Create a routine. You'll be able to fit more activities into your day when you schedule studying, working out and sleeping at specific times.
- Give yourself a break. Manage your time to complete assignments but also give your mind some time off. Go outside for a brisk walk and you'll come back feeling more refreshed and ready to tackle that paper! Be sure to leave time for fun and relaxation in your routine as well.

**For more information, please contact:**  
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Look for these icons in the dining hall and retail locations to help you identify menu items that meet your dietary needs:



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Instagram: @Dine\_psu



PSU Dining website: [Plymouth.edu/dining](http://Plymouth.edu/dining)



**HEALTH  
IS A MATTER  
OF CONSISTENCY.**

Just keep doing  
good things.

**For more information, please contact:**  
Diahn Thompkins, MS, RDN, LD / Campus Dietitian  
[dmthompkins@plymouth.edu](mailto:dmthompkins@plymouth.edu)

## 1 Minute Banana Bread

1/2 medium overripe banana, mashed very well

1 Tbsp. coconut flour (or whole wheat flour)

1 Tbsp. nut butter of choice

2-3 Tbsp. milk of choice (dairy or non-dairy)

Chocolate chips, optional



- Combine mashed banana and almond flour in a small mixing bowl and mix very well
- Add your nut butter and mix it in. It should be a very thick batter
- Add milk one tablespoon at a time until you reach a thick and creamy consistency. Stir in the chocolate chips, if desired
- Transfer mixture to a mug or microwave safe bowl and cook for 1 minute, or until desired texture is achieved.

**Dorm friendly  
recipe!!!**

A  
better  
tomorrow  
starts  
today.

