

DAYTIME DROWSINESS & INSOMNIA

If you are getting enough sleep, but are constantly tired then you should consider cutting back on your daily sugar intake. Another idea is to eat healthier. Try eating more fruits and vegetables, or you could also take a multi-vitamin.

In contrast, if you are having trouble sleeping, you could try eating more carbohydrates, such as pasta before you go to bed.

**REMEMBER FOR A
HEALTHY COLLEGE
EXPERIENCE: EAT RIGHT,
GET PLENTY OF SLEEP &
BE SMART WITH YOUR
EXTRACURRICULAR
ACTIVITIES**

SKIDMORE
C O L L E G E

*For More Information please
contact Skidmore College Dining
Services.*

Phone: 518-580-5550

**[HTTP://CMS.SKIDMORE.EDU/DININ
GSERVICE/INDEX.CFM](http://cms.skidmore.edu/diningservice/index.cfm)**



NUTRITIONAL SURVIVAL ON A COLLEGE CAMPUS

Nutritional Information
Skidmore College

NEVER SKIP A MEAL



<http://www.incredibleidiary.com/toast-clock-time-to-eat.html>

While it is never recommended that you skip a meal, in college you are required to make choices and sacrifices. Nutrition is often the loser of that battle. If you find you don't have the time to sit down to a meal, then grab a piece of fruit. That way you will at least get something into your body. Your ability to concentrate academically can be severely hindered if you do not eat properly. Our retail operations always offer a grab and go options for those of you who find it hard to stop into the Dining Hall for a proper meal. Of course, the Dining Hall is always open late.

PARTYING, ALCOHOL AND THE IMMINENT HANGOVER

The favorite pastime of many college students is drinking alcohol. But how healthy is it? The answer is one of virtual common sense, it's not. The only nutritional value to alcohol is calories. It can damage your liver, prevent your body from taking in nutrients and impair your ability to think clearly. It only gets worse the next day with *the hangover*. The best way to treat a *hangover* is the beverage of life, Water! Drink plenty of water before you go to bed if you decided to drink in excess. This will prevent dehydration. Another way to fight a hangover is providing your body with more sugar. A great way to do this is by drinking fruit juice when you wake up in the morning.

SNACKING AND STUDYING



<http://well.blogs.nytimes.com/2010/03/02/u-s-children-generation-snack/>

Snacking while you are studying can sometimes lead to overeating. Always choose healthy snacks and only eat when you are hungry. Here are some healthy ideas: Pretzels, baked chips, yogurt, applesauce, fresh fruit, fruit juice, whole grain cereal, dried fruit & nut mix, low fat string cheese, marshmallow treats, light microwave popcorn, peanut butter on wheat crackers or raw vegetables with a low fat dressing.