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**Tips**

If you find yourself always getting hungry during class, pack a snack! Eat when you are hungry to prevent overeating later. Instead of going uptown to eat on a weekend, make something at home!

**Breakfast**

***Is it really the most important meal of the day?***

Yes, eating a healthy, substantial breakfast in the morning is **essential** for college students. By starting off the day with a meal, you help to jumpstart you metabolism. In fact, studies have shown breakfast is extremely important in maintaining a healthy weight. Additionally, breakfast can provide you with the energy required to focus in that dreaded 8 a.m. class!

**Quick & Easy Breakfast Ideas**

1. A glass of milk and a piece of toast with peanut butter

2. A glass of milk and low-fat yogurt with granola

**iPhone Apps**

**MyFitness Pal-** Use this app to make sure you are fueling your body correctly! This app allows you to count your calories and gives you nutrient information **for free!**

**Moves-** This app is a great tool that uses your iPhone’s GPS to track your daily activity and calories burned for only $2.99. Set goals and make sure you follow them in the New Year.

**iDrated-** For only $0.99, this app allows you to track how much water you drink, making sure you stay hydrated!

**Got the late night study munchies?**

It is 2 a.m. and you’re only halfway done studying the material on your exam...in 8 hours. Instead of focusing on the quadratic equation all you can think about is **your stomach**. Instead of grabbing your phone and dialing the closest pizza joint, eat some trail mix to keep you energized!

**Ingredients**

* Dark Chocolate-dark chocolate has been linked to improving your mood, which is perfect for studying!
* Sesame Seeds-sesame seeds are rich in vitamins and minerals, which are necessary for the human body!
* Chex- chex are a source of carbohydrates, which are extremely important to fuel your brain as well as your body!
* Craisins- craisins are the perfect sweet treat to throw into your mix when your sweet tooth is acting up!

**Want more information?**

The Miami University Student Academy of Nutrition and Dietetics (SAND) offers opportunities for Miami students to get involved with volunteer activities in the fields of nutrition, food service management and dietetics on campus and within the Oxford, Ohio, community. These opportunities include: attending monthly meetings with speakers, volunteering as a nutrition educator, helping with sports nutrition workshops and so much more! **Check out miamiusand.weebly.com for more information on how you can join SAND!**

**Boost your GPA with Nutrition!**