



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by the Nutrition Connection in the Center for Health and Well-Being

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Fueling For Gameday



Fiber

Joining friends and family to watch your favorite team battle it out? Fuel up with snacks that support your health and provide you energy to cheer on your winning team!

Start your day with a quality breakfast and lunch! Don't try to "save" your hunger for the game; this could lead to overeating in the evening and even result in discomfort or pain in the abdomen.



Try and start your day with gentle movement or physical exercise so you can relax and get comfortable on the couch for the game!

Stay hydrated and drink plenty of water throughout the day!



HEALTHY FATS

Aim to pair sources of fiber, protein, and healthy fats.



PROTEIN



Interested in learning more about how you can better manage your nutrition?

Contact the Nutrition Connection Services!

By Appointment Only

Email: nutrition-connection@iup.edu

Please provide your name, phone number, and email. A counselor will respond to schedule an appointment. Appointments are offered in-person or virtually via, Zoom.

Eating Tips During the Game



- Evaluate your food choices and options before building your plate.
- Use a smaller plate. Plate your food and take breaks between refills. Check in with your hunger and fullness cues to avoid overeating!
- Sip-smart. Limit sugar-sweetened beverages. If you are drinking alcohol, also make sure to include some food to go with it and always have a plan for a safe trip home.
- Don't stress. Remember it is only one day and if you feel like you overdid it at the end of the night, take note of how you felt, avoid judgement and move on.
- Focus on spending time and making memories with friend's and family.
- Always drink responsibly.

