

# FUELING FOR FINALS

Create balanced meals for optimal energy and focus during finals!

## FRUIT

How much do you need a day?

### Women

Ages 19-30 = 2 cups

Ages 31-50+ = 1.5 cups

### Men

Ages 19-50+ = 2 cups

What is considered 1 cup of fruit?

- ✓ 1 cup of fruit
- ✓ 100% fruit juice
- ✓ ½ cup of dried fruit

More on fruit:

- ✓ Fresh, canned, frozen, or dried
- ✓ Buy fresh when in season
- ✓ Buy pre-cut, frozen, or canned (in water or 100% juice)
- ✓ Aim for variety in type & color of fruits

## OILS & FATS

Not a food group, but provides essential nutrients & source of staying power!

Women: Ages 19+ = 5-6 tsp.

Men: Ages 19+ = 6-7 tsp.

Oils vs Solid Fats

- ✓ Oils: ♥health - canola, corn, cottonseed, olive, safflower, soybean, & sunflower; foods: nuts, olives, some fish, avocados; mainly oil foods: mayo, some dressings, margarine w/no trans fats
- ✓ Solid fats: ↑ saturated fat - butter, milk & animal fat, stick margarine, shortening, & partially hydrogenated oil; coconut & palm oils

## DAIRY

How much do you need a day?

Women & Men

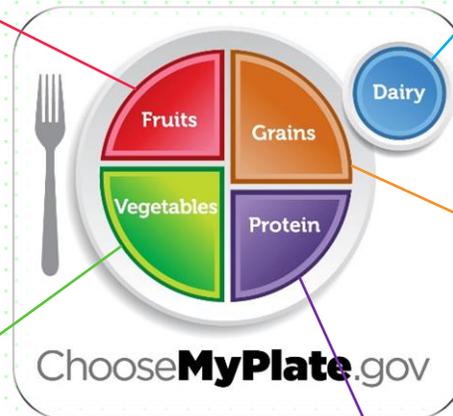
Ages 19+ = 3 cups

What is considered 1 cup of dairy?

- ✓ 1 cup of milk, yogurt, or soymilk
- ✓ 1 ½ oz. of natural cheese or 2 oz. of processed cheese

More on dairy:

- ✓ Fluid milk products, yogurt, cheese, & calcium-fortified soymilk
- ✓ Aim for low-fat options
- ✓ If you don't consume dairy, include calcium-rich foods (fortified products, canned fish, leafy greens, soy) in your diet



## VEGETABLES

How much do you need a day?

### Women

Ages 19-50 = 2 ½ cups

Ages 51+ = 2 cups

### Men

Ages 19-50 = 3 cups

Ages 51+ = 2 ½ cups

What is considered 1 cup of veggies?

- ✓ 1 cup raw or cooked vegetables
- ✓ 1 cup vegetable juice
- ✓ 2 cups of raw leafy greens

More on veggies:

- ✓ 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, & other veggies; variety is key
- ✓ Buy fresh when in season
- ✓ Convenience: frozen, pre-washed/cut, & canned (rinse to reduce sodium)

## PROTEIN

How much do you need a day?

### Women

Ages 19-30 = 5 ½ oz-equiv

Ages 31-50+ = 5 oz-equiv

### Men

Ages 19-30 = 6 ½ oz-equiv

Ages 31-50+ = 5 ½-6 oz-equiv

What is considered 1 oz-equiv of protein?

- ✓ 1 oz. of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 Tbsp. of nut butter, or ½ oz. of nuts or seeds; aim for 8 oz. seafood/week

More on protein:

- ✓ Meat, poultry, seafood, beans & peas (also veg), eggs, processed soy products, nuts, and seeds.
- ✓ Choose more of the lean & low-fat meats
- ✓ Protein has staying power!

## GRAINS

How much do you need a day?

### Women

Ages 19-50 = 6 oz-equiv

Ages 51+ = 5 oz-equiv

### Men

Ages 19-30 = 8 oz-equiv

Ages 31-50+ = 7 oz-equiv

What is considered 1 oz-equiv of grains?

- ✓ 1 slice of bread
- ✓ 1 cup of cereal
- ✓ ½ cup of cooked rice, cooked pasta, or cooked cereal
- ✓ 6 crackers, 3 cups popcorn, 1 pancake

More on grains:

- ✓ 2 subgroups: whole & refined
- ✓ Refined - nutrients are lost in processing, but enriched with B vitamins & iron after
- ✓ Make half of daily grains *whole grains*; whole grains have staying power!

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# MEAL IDEAS

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## BREAKFAST

*Oils can be incorporated through cooking or adding avocado, nuts, margarine, etc. to your meal.*

- Hard boiled or fried eggs + avocado toast (add fruit or 100% fruit juice if still hungry)
  - ✓ Pre-make hard or soft boiled eggs → Add eggs to pot with water, bring water to boil, once boiling bring to low temp. for 5-10 mins (depending on how you like them), remove from heat, & place in ice bath for easier peel
- Breakfast burrito + fruit or avocado
  - ✓ Heat veggies, eggs and meat on stove or in microwave. Place mixture in warm tortilla, add cheese and enjoy!
- Overnight oats + top with fruit (*see demo video for Chocolate Chip PB Oats*)
  - ✓ Make a couple different kinds and eat throughout the week
- Toast with nut butter + banana + honey/cinnamon
  - ✓ Can also top toast with chia seeds
- Breakfast hash (*see demo video*)
  - ✓ Veggies and potatoes (fresh or frozen), add eggs and meat is optional
- Toaster waffles + scrambled eggs (w/ syrup + fruit to waffles OR peanut butter)
  - ✓ Microwave scrambled eggs, hard-boiled, or stove top

## LUNCH/DINNER

*To include a variety of food groups, use the MyPlate guide and add on options like fruit, dairy, or a type of dessert to any of these meals. Oils can be incorporated through cooking or by adding dressing, avocado or mayo to a meal.*

- Chicken breast/pork loin + potato/sweet potato + vegetable
  - ✓ Combine all ingredients, add oil/seasoning & bake in oven
  - ✓ Other easy cooking methods for potatoes:
    - Dice, season and microwave
    - Boil, mash with fork, add milk & butter or oil to taste
    - Whole baked potato
  - ✓ Vegetables - steam or heat in microwave (frozen is quick & easy)
- Pasta + frozen shrimp and broccoli
  - ✓ Sautee frozen shrimp and broccoli together while pasta is cooking (*see demo video*)
- Spaghetti + tomato sauce + meatballs or ground meat + garlic toast
  - ✓ If vegetarian, add meatless protein source to meal or add lentils to sauce
- Rice and beans + sautéed peppers/onions + tortillas or chips + mashed avocado or salsa
  - ✓ Can also include ground meat or grilled chicken
- Deli sandwich or wrap combos (meat, cheese, veggies) w/
  - ✓ Yogurt + PB with celery    ✓ chips + fruit    ✓ pretzels + hummus    ✓ mixed nuts + dark chocolate