



# FUELING SMART *for* MIDTERMS

**F**ight thirst with water

**U**p your fiber intake

**E**at a balanced breakfast

**L**oad up on protein

# FUELING SMART for MIDTERMS



Indicator of dehydration status = urine color!  
Aim for a **pale yellow** and **drink water** to wash away fatigue linked to dehydration.



Feel full with **fiber** for those long study days! Include 3 food groups: **whole grains**, **fruits** and **vegetables**—like oatmeal, apples, and chopped carrots!



Be buddies with a **balanced breakfast**! A breakfast filled with **lean protein**, **fiber-rich carbs**, and **healthy fats** may equal better academic performance and improved concentration!



Protein powers long-lasting energy! Try **protein-rich foods** like **milk**, **yogurt**, **eggs** and **beans**. Protein-rich snacks may help regulate mood, improve mental clarity, and reduce late-night cravings.