FUELING SMART for MIDTERMS

Fight thirst with water
Up your fiber intake
Eat a balanced breakfast
Load up on protein
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.