

## SHAC NEWSLETTER

Student Health and Counseling Center (SHAC)

**March 2016**

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#### *Foods and Nutrients to Increase:*

1. *Whole grains*
  2. *Vegetables*
  3. *Fruits*
  4. *Low-fat or fat free milk, yogurt and cheese or fortified soy beverages*
  5. *Vegetable oils such as canola, corn, olive*
  6. *Seafood*
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Source:

<http://www.nationalnutritionmonth.org/NNM/content.aspx?id=6442483177>

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#### *Sleep Tips:*

1. *Stick to the same bed time and wake up time*
  2. *Avoid naps, especially in the afternoon*
  3. *Exercise, but not close to bedtime*
  4. *Evaluate your room- clean, quiet, and dark sleep space helps*
  5. *Avoid alcohol, cigarettes, and heavy meals in the evening*
  6. *Wind down- do a calming activity such as reading. Avoid electronics before bed*
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Source:

<http://sleepfoundation.org/>

### National Nutrition Month

The National Nutritional Month® is a nutrition education campaign created annually in March by the Academy of American Nutrition and Dietetics

- Healthy eating and routine exercise are essential all year round, but many of us need a friendly reminder to get back on track, especially after the holiday gatherings!
- Foods nourish your body. Being well-nourished means getting adequate nutritional needs, which in some instances, means eating the right portion of food for your body.
- Staying fit increases your quality of life. When you are fit, you improve your mood, reduce stress, and increase energy level.
- Are you Ready to make changes in your lifestyle and move toward a healthier body? Here are some tips:
  1. **Eat Breakfast-** Starting your day off with a healthy breakfast is essential. Include lean protein, whole grains, fruits, and vegetables
  2. **Make Half Your Plate Fruits and Vegetables-** Fruits and veggies are great sources of vitamins, minerals, and fiber
  3. **Watch Portion Sizes-** visit [www.choosemyplate.gov](http://www.choosemyplate.gov) for the recommended serving size
  4. **Be Active-** Exercise lowers blood pressure and helps your body control stress and weight. Adults should get 2 and ½ hours per week.
  5. **Get Cooking-** Cooking at home is healthy, rewarding and cost-effective
  6. **Drink More Water-** Drinking water can help maintain the balance of body

### Sleep Awareness Week

- In order to survive, humans need the basic elements of food, water, oxygen, and sleep.
- We spend up to one third of our lives asleep. Sleep is a key indicator of one's overall health and well-being.
- Most of us are aware that getting a good night's sleep is important, but too few of us actually make sleep a priority.
- Stimulants like coffee and energy drinks, alarm clocks, and external lights, such as those from electronic devices, interfere with our "circadian rhythm" or natural sleep/wake cycle.

#### How much sleep do we really need?

An expert panel of leading scientists and researchers came together to form the [National Sleep Foundation](#), and recommended a chart that features minimum and maximum ranges for health. [Click here for recommended sleep times chart](#)

#### Assess how you feel on different amounts of sleep:

- Are you productive and happy on seven hours of sleep?
- Do you depend on caffeine to get you through the day?
- Do you feel sleepy when driving?

[Test your sleep I.Q. by taking this simple quiz here](#)