**Nutrition Corner: Eating During Stressful Times**

You are stressed, and to calm your nerves, the first thing you reach for is... chocolate? Salty chips? A pint of rocky road? Let’s face it, it’s probably not carrots. Anxiety over work, finances, and relationships can lead even the best-intentioned to turn to comfort foods to relieve stress. If you make a good effort to deal with your stress in healthier ways, your body will thank you later.

**Try the following to maximize your health and nutrition status:**

- **Eat light** – Keep in mind...portions are typically too large.
- **Balance your food groups** – Serve your plate with all five at mealtime.
- **Snack** – Let protein & fiber-rich choices sustain you between meals.
- **Limit “junk”** – sugary snacks give you a quick lift, followed by a quicker fall.

Check out these great resources to avoid unhealthy stress eating during the busy holiday season:

- Faculty Staff Assistance Program (FSAP) [All About Health – Holiday Stress](#)
- [Healthy Vending on Campus](#)