BOOKMARK CAFE

Bookmark café is a great place for a full meal or a study break, with a variety of smart options to satisfy your snack craving or quench your thirst.

SWEET SNACKING

It's true that not all snacks are created equal, but even less healthy treats can fit into your diet when eaten in moderation. Think of your portion sizes; instead of eating a whole cookie, split it in half and save the rest for another day.

KNOW YOUR CAFFEINE

Many students turn to caffeine from coffee, soda, and energy drinks to keep them awake while studying. The recommended daily intake of caffeine is < 300 milligrams. However, an apple has the same effect as caffeine, and studies show that an apple's natural sugars can keep you going longer without the crash that caffeine has.

SWITCH TO NON-FAT, 2% FAT, OR SOY MILK

Whether you choose whole milk or non-fat milk, they both contain the same amount of calcium and other essential nutrients. When ordering your beverage, add non-fat, 2% fat, or soy milk to add richer flavor if you are trying to reduce calories and fat.

BALANCE YOUR CALORIES

For students engaging in 30 to 60 minutes of physical activity a day, recommended daily calorie intake is 2,200 calories for females and 2,800 for males. Trying to reduce calories? Lower-calorie, nutrient-rich snacks could include a yogurt parfait, fresh whole, sliced fruit with peanut butter (~140 cal), or a KIND, Natural Valley, or Apple Way bar (100-190 cal/bar).

MAKE HALF YOUR GRAINS WHOLE GRAINS

When picking your next sandwich or muffin, try to incorporate whole grains. Do this by reading the nutrition labels for words like "multi-grain," "100% wheat," "cracked wheat," or "bran." Whole grains are a good source of B vitamins, dietary fiber, and minerals.

SMART SNACKS @ THE LIBRARY