



Every time you eat, you are either feeding disease or fighting it.

**SMALL CHANGES IN WHAT YOU EAT CAN MAKE A BIG DIFFERENCE**

- Aim for smaller meals more frequently instead of three large meals
- Cut out soda
- Don't eat big meals after 7pm
- Move your sugar to the morning
- Choose whole-wheat, whole-grain, and brown carbohydrates (pasta, bread, rice)
- Drink more water
- Take your vitamins

**WHAT ARE SUPERFOODS?**

*Superfoods are packed with nutrients and help boost our metabolism. Many superfoods contain antioxidants that work to prevent disease and cancer. Some superfoods are:*



- Avocado
- Blueberries
- Salmon
- Whole-Grains
- Green Tea
- Beans and Seeds
- Kale

**HOW TO SLEEP SOUNDLY**

- Set boundaries with your roommate(s)
- Use your bed only for sleep
- Lower lights, sounds, and activity at least an hour before you lie down
- Avoid napping later in the afternoon
- Avoid caffeine, alcohol, and sugar close to bedtime

**Things you can buy to help:**

- Earplugs (\$3-\$6)
- Eye Mask (\$2-\$8)
- Room-Darkening Curtains (\$9 per panel)



**UPCOMING EVENTS**

**FREE HIV TESTING**

March 16 & 31  
9:00 a.m.-11:00 a.m.  
Student Health Services

**HEALTH & WELLNESS FAIR**

March 15  
11:00 a.m.-2:00 p.m.  
UC Lawn  
*Join us for fitness demos, healthy food, health screenings and games!*

**OPENING OF THE NEW STUDENT HEALTH CENTER**  
April 20

Deaths and hospitalizations have continued to rise in the US due to the Flu virus. 37 states are now reporting wide-spread activity.



***It's not too late to get your flu vaccine!***

**MARCH IS...**



**Sleep Awareness Month**



**National Nutrition Month**



**National Women and Girls HIV/AIDS Awareness Day**  
March 10

