

Student Survival Guide

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Chapter 1: Nutrition

Introduction

When it comes to eating habits as students, it's no secret that being mindful of healthy choices and eating patterns is not always everyone's first priority. In addition, healthier food options can be more expensive and less accessible. It can be difficult for students to practice a nutritional lifestyle that is conducive to their budget. However, it is absolutely possible to establish cost-effective eating habits that are also filling and satisfying.

What is a Healthy Diet?

There are numerous benefits of a healthy diet but the ones that will benefit you as a student are increased energy, sleep and improved mental/ physical performance. Below is a list of general aspects of a healthy diet.

1. **Generally low in fat, and specifically low in “unhealthy” saturated and trans fat.**
2. **Low in “added” sugars.**
3. **Low in sodium.**
4. **High in fiber.**
5. **Rich in vitamins and minerals.**
6. **Calorie balanced (energy in = energy out)**

Practical Strategies

For Living in a Residence:

When living in “residence” style housing, the tools and appliances to prepare meals may not be available. However, there are alternative methods to consider. For example, don't have a communal fridge on your floor? Or tired of that unidentified floor mate using your hummus? We'd like to introduce our hero, the “mini-fridge”! Thankfully these days, the affordability and availability of mini fridges have increased and are excellent tools for having your food stored safely, keeping the essential ingredients cold and your healthy eating on track.

Once you have a mini fridge, the list of foods you can store in your room becomes endless. Don't forget that there are various healthy foods with longer shelf lives and can be stored in room temperature such as lentils, beans, etc. See Appendix 1 for a list of foods, broken down by macronutrient, that DON'T require refrigeration.

To Avoid Mindless Eating:

Mindless eating occurs because of distractions and stress. Common distractions include: watching television, looking at our phones and lengthy studying sessions.

The American heart association provides multiple recommendations to prevent mindless eating and be aware:

Plan. Prepare healthy snacks throughout the day. If you tend to get hungry between meals, bring along a 200-calorie, whole grain, high-fiber snack. Fiber keeps you feeling full longer.

Slow down. Enjoy each bite, and then take a drink between each bite. This gives your body enough time to trigger your brain that you are satisfied.

Control portions. You don't have to deprive yourself, just eat smaller portions. This can be achieved through simple strategies such as using a smaller plate.

Eat when you're hungry. Just because the clock says noon doesn't mean you must eat. If you're not hungry, wait until you are – just don't wait until you're famished because you might overeat.

Keep a food diary. Write down everything you eat, look at it, and then identify why you ate it – was it hunger, stress, boredom? Then look for areas you can make adjustments and incorporate healthy changes. Keeping a food diary is key to awareness. Apps like myfitnesspal and Meal Logger are great digital alternatives to keeping a written diary.

For Healthy Eating:

Keep a regular meal schedule. Eating on a regular schedule can help prevent you from being hungry often. It can also help you to plan for healthier meals and get a good night's sleep.

1. Schedule your classes so that you allow yourself enough time each day to have lunch and dinner. Rushing between classes can often lead to unhealthy eating options and habits.
2. Keep some healthy and easy-to-grab food options on hand for those days when you know you will not have time to take a break. This way you can bring the food with you wherever you need to go and can still eat at or near your regular eating time.
3. Take turns with your friends making inexpensive healthy dinners at each other's apartments/houses one or two times per week. Students who have busy academic schedules may have difficulty finding time to see their friends so this is a great way to have a set time to catch up with them.
4. Late dinners can't always be avoided. If you do go out to eat late at night, ask your server to wrap up half your meal before you even get started. This can help to prevent overeating late at night which may affect quality of sleep.

Don't skip breakfast. Skipping breakfast is associated with reduced problem solving ability, lower energy and decreased motivation. Eating breakfast may also help you to manage your hunger and food intake throughout the day.

Aim for variety and let the colours guide you. Ideally your daily menu should include a “rainbow” of fresh fruits and vegetables to ensure you're getting a balanced mix of nutrients. For example, eating plenty of leafy greens can help boost your intake of folic acid. Try to find a variety of different coloured fruits and vegetables that you enjoy and work them into your meal plan. Canada's food guide is a great reference for food choices that allow you to get a variety from each food group (see appendix 4).

Meal Planning

While meal plans and campus food set-ups can often make it convenient to purchase ready to go meals, these foods, as mentioned, can often be less preferable options from a health perspective. Meal prepping can be an excellent way to ensure that healthy meal and snack options are always ready to grab on the go, whether in class, in a study session, hanging out with friends, etc. In order to prepare these foods, some kitchenware to accompany an oven and stove can come in very handy. These include things

such as pans, oven mitts, pots of different sizes, a frying pan, a spatula, a ladle, a small blender, a cutting board, a proper kitchen knife, measuring cups and spoons and a set of different sized tupper-ware.

Some ideas of foods that can be prepared in one day to last throughout the majority of a week, or longer if placed in a freezer, are listed in Appendix 2, categorized by macronutrient.

Balanced Meals

Try to incorporate a protein, some fibre rich, whole sourced carbs (including vegetables), and a small portion of healthy fat into every meal (some avocado, a tablespoon of oil in a dressing). We recommend your protein and carbohydrate food sources to be about $\frac{1}{4}$ of your plate and aim for the remaining $\frac{1}{2}$ of your plate to be vegetables (see appendix 3). If you are someone who loves their dessert after dinner, or just have an all-around sweet tooth, try to opt for a healthier sweet source. This could include some fresh or dried fruit, or a piece of dark chocolate.

Grocery Shopping

A great way to save money is to keep track of sales, student discounts and reward programs at grocery stores. Downloading apps and looking at fliers are ways to seek out the best deals on the foods you love. For example, Metro provides 10% off from Tuesday-Thursday for students with a valid ID card. Many grocery stores have reward programs that allow the collection of points that can be converted into money such as the President's Choice Reward Program at Loblaws.

Hydration

Hydration is crucial to staying healthy and maintaining function of your body. Proper hydration allows the absorption of essential nutrients and digestion of food. A common mistake is forgetting to always carry a reusable water bottle, resulting in the purchasing of sodas or fruit drinks that are full of sugar and additives. University campuses have multiple water filling stations that are a cost-effective alternative to purchasing beverages. If caffeine is needed, use in moderation in the form of coffee or tea avoiding extensive amounts of cream and sugar, and try to stay away from consuming energy drinks at all costs.

Alcohol

Alcohol is unavoidable in university. It is something that you will come in contact with quite a bit, but having self control and limiting yourself to a healthy amount is key to maintaining a healthy lifestyle. The recommended amount is 10 drinks/week for women and 15 drinks/week for men and NO MORE than 2 drinks/sitting for women and 3 drinks/sitting for men. Make sure you plan 2-3 days per week that are non-drinking days to allow for liver recovery. Be sure that you are drinking in a safe environment and have a plan for getting home safely. Have the phone number of the local taxi service on hand in emergency situations and make sure there is a designated driver. Avoid alcohol consumption where possible as it is your choice to whether or not you would like to take part in the activity, peer pressure should not be the deciding factor.

How to Read a Food Label

Food labels are a great tool for those who wish to eat healthy. Nutrition labels are beneficial not only for assessing nutrient quality but also comparing or choosing between two similar products. Here's what to look for:

1. **What is the serving size?** When comparing two products, make sure they are the same serving sizes.
2. **How many calories are in a serving?** Be aware that a food may seem to be low in calories but the serving size on the nutrition label may be very small.

3. **What percentage of calories comes from fat?** More importantly, how much of the total fat is contributed by saturated and trans fat. Consume foods that have zero trans fats and low saturated fats.
4. **How much fiber is in the product?** High-fiber foods contain 4-6 grams per serving.
5. **How much sugar is in the product?** One teaspoon of sugar weighs approximately 4 grams.
6. **Is the food low in sodium?** Aim to consume less than 2300 mg per day.
7. **Is the food rich in vitamins and minerals?** This is indicated for iron, calcium, vitamin A and Vitamin C as percent daily value.

What to look for in the ingredient list:

Avoid or limit foods with the following ingredients near the top of the list.

- Sugar, fructose, glucose, dextrose, and high fructose corn syrup, which are all forms of added sugar.
- Hydrogenated or partially hydrogenated oils, which are all high in saturated or trans fat.
- Stone ground, enriched, bleached, or multigrain flour, which are processed grains. Opt for whole grains such as “whole wheat”, “whole rye”, or “whole oats”.

Chapter 2: Training

Training Program:

Exercise is an important part of every healthy and active lifestyle but as a new student it can be difficult to get enough of it. Trying to balance to homework, lectures, work, fun while staying fit can be overwhelming but no worries, we are here to help. The following is a guide to a quick and easy workout plan that you can do at home or in the gym in under 45 minutes.

Here is how it works:

Step 1: Choose a cardio exercise. If you are into sprints try out the HIIT (High Intensity Interval Training) speed protocol or HIIT on the bike. Is long distance steady state running more your thing? Choose LSD (long slow distance) on the treadmill, bike, outside. Feel free to mix and match these cardio exercises for a more holistic approach.

Step 2: Choose a muscle group. It is organized into three separate days of exercise; push which is focused on triceps and chest, pull which will work the biceps and back muscles, and finally leg day. If you can't make it into the gym there are at home exercises listed as well.

Step 3: Choose what your gym goals are. If you would like to increase strength do all exercises for 3 sets, 5 reps each (heavy weight). More into building large muscles? Go for 3 sets 8-12 reps (moderate weight). Want to tone up? 3 sets 12 – 15 reps will get the job done (light weight).

Step 4: Go often and go hard. Exercise is the best medicine in that it helps with both your physical and mental health. Health Canada recommends 150 minutes of moderate to vigorous physical activity so get out there and get moving!

Exercise Type	Exercise	Load/Intensity	Sets/Time	Repetitions	Rest
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Cardio (Gym/Outside)	LSD	Talking Pace	20-30min		
Cardio (Gym/Outside)	HIIT Speed	1min light jog 1 minute 90% of max speed	15 minutes		
Cardio (Gym)	HIIT hills	1 minute light jog 1% grade, 1 minute 10% grade	15 minutes		
Cardio (Gym)	LSD bike	Talking Pace	20-30 minutes		
Cardio (Gym)	HIIT Bike	1 minute light, 1 minute 90% max resistance	15 minutes		
Leg Day (Gym)	Squats	See above	See above	See above	1 min 30 sec
	Hip Bridge	See above	See above	See above	1 min 30 sec
	Stationary Lunge	See above	See above	See above	1 min 30 sec
	Planks		3	1 minute (work towards this)	1 min
	Side Bridge		3	1 minute (work towards this)	1 min
	Dead Bug		3	10 (Work towards this)	1 min
Leg Day (At home)	Jump Squats	Body Weight	3-5	10-20	1 min 30 sec
	Hip Bridge and Hold	Light Weight	3-5	10-20	1 min 30 sec
	Lunges or Lunge Jumps	Body Weight	3-5	10-20	1 min
	Planks		3	1 minute (work towards this)	1 min
	Side Bridge		3	1 minute (work towards this)	1 min
	Dead Bug		3	10 (Work towards this)	1 min
Push (Gym)	Chest Press	See above	See above	See above	1 min 30 sec
	Shoulder Press	See above	See above	See above	1 min
	Chest Flies	See above	See above	See above	1 min
	Dips	Body Weight	3	Until Failure	1 min
	Stir the Pot		3	5 each side	1 min
	Leg Raise	Body Weight	3	10 (work towards this)	1 min
Push (At home)	Push-ups (Stairs)	Use stairs to dictate. Higher	See above	See above	1 min 30 sec

		the step, easier the exercise.			
	Seated Dips	Body Weight	See above	See above	1 min
	Half Push-up hold	Use Stairs	See above	See above	1 min
	Stir the Pot		3	5 each side	1 min
	Leg Raise		3	10 (work towards this)	1 min
Pull (Gym)	Pull-ups	Body Weight	3	3-8	1 min
	Bent-over Row	See above	See above	See above	1 min 30 sec
	Lat-pull Down	See above	See above	See above	1 min
	Seated Row	See above	See above	See above	1 min
	Chin-ups	Body Weight	3	3-8	1 min
	Birddog		3	30 sec (work towards this)	1 min
	Scissors		3	10 (work towards this)	1 min
Pull (At home)	Bent-over Row	See above	See above	See above	1 min 30 sec
	Standing Cable pull to face	See above	See above	See above	1 min
	Cable Seated Row	See above	See above	See above	1 min
	Birddog	Body Weight	3	30 sec (work towards this)	1 min
	Scissors		3	10 (work towards this)	1 min

Exercise Appendix

Leg Day (Gym):

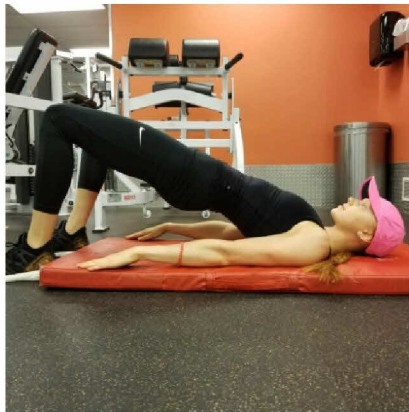
Squat:



Form: Squat straight down ensuring that knees do not go too far in front of the toes. Cue the motion by sitting straight back creating motion about the hips and knees.

Progression: Increase the weight by 10 lbs every 3rd exercise if comfortable.

Hip Bridges:



Form: Lie Supine on a matt with arms beside body and knees bent as illustrated but with back on the floor. Then place weight on pelvis and raise hips towards the ceiling until body is fully raised focusing on squeezing at the gluteal muscles.

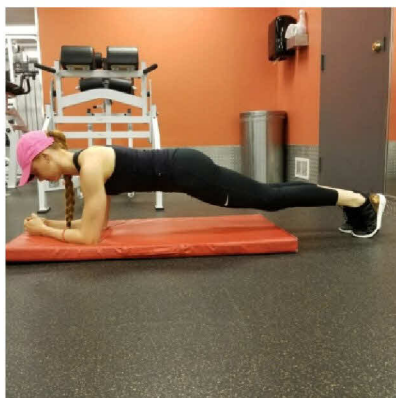
Stationary Lunges:



Form: The lunges here are semi-stationary lunges where you take one step forward into a lunge, then return to resting position. This should be done with a barbell on your back or by holding 2 dumbbells and ensure to do the required reps on each leg.

Progression: Lunge should be increased by 5 pounds every 3rd exercise if comfortable.

Planks:



Form: Ensure that back stays stiff and straight throughout the hold.

Progression: Increase the time for holds by 5 seconds every exercise.

Side Bridge:



Form: Place forearm on the ground in line with your shoulder and feet on the ground with top leg in front of the bottom leg.

Progressions: Increase the amount of repetitions per set weekly

Dead Bug:



Form: Lie supine and place the yoga ball over the stomach holding it with hands and knees. Then remove one hand and the opposite knee from the ball extending each toward the ground. Alternate between arms and legs for each rep.

Progressions: Increase the amount of repetitions per set weekly

Leg Day (At home):

Jump Squat:



Form: Squat straight down ensuring that knees do not go too far in front of the toes. Cue the motion by sitting straight back creating motion about the hips and knees. Explode upwards vertically in a jumping position

Progression: Increase the number of reps as you get stronger.

Hip Bridge and Hold:



Form: Lie supine on with arms beside body and knees bent as illustrated but with back on the floor. Then raise hips towards the ceiling until body is fully raised focusing on squeezing at the gluteal muscles. Hold for a few seconds in the up phase.

Progression: Increase reps by 1 every 2 exercises when comfortable. Once 3 sets of 20 reps can be done progress to single leg.

Lunges:



Form: The lunges here are either semi-stationary lunges or lunge jumps. Stationary Lunge: where you take one step forward into a lunge, then return to resting position. Jump Lunge: Lunge into down position then explode up into a jump, alternate legs, then lunge back down.

Progression: Increase number of reps per week.

Planks:

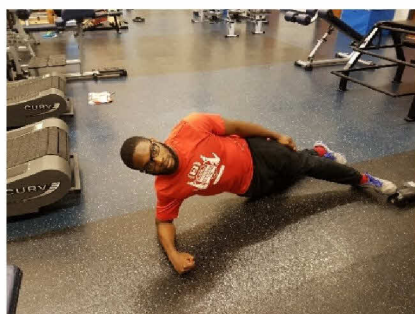


Form: Ensure that back stays stiff and straight throughout the hold.

Complete 3 sets holding the plank for 1 minute with 1 minute breaks in between.

Progression: Increase the time for holds by 5 seconds every exercise.

Side Bridge:



Form: Place forearm on the ground in line with your shoulder and feet on the ground with top leg in front of the bottom leg. **Progressions:** Increase the duration of the hold weekly.

Dead Bug:



Form: Lie supine and place the yoga ball over the stomach holding it with hands and knees. Then remove one hand and the opposite knee from the ball extending each toward the ground. Alternate between arms and legs for each rep.

Progressions: Increase the amount of repetitions per set weekly

Push Day (Gym):

Chest Press:



Form: Lower the weights down to chest height and then raise it until arms are fully extended.

Progression: Chest Press should be increased by 2.5 - 5 pounds every 3rd exercise if comfortable.

Shoulder Press:



Form: Grip dumbbells and press straight up until arms are fully extended. Then, lower the weight back down to shoulder height.

Progression: Dumbbell should be increased by 2.5-5 pounds every 3rd exercise if comfortable.

Chest Fly:



Form: Extend arms while maintaining a slight bend in the elbows. Open Chest by lowering weight laterally then contract chest and pull press weights towards the center. Second break in between each set.

Dips:



Form: Hold hand rails evenly and place knees on the assistance pad. Bend at the elbows through to maximum depth and then raise upwards until just before elbows lock.

Progression: Decrease assistance by 5 pounds every 3rd exercise if comfortable.

Stir the Pot:



Form: Plank on yoga ball with feet on the ground and forearms on the ball. Rotate forearms around the ball such that you are making small circles. Ensure to rotate in each direction. Each rotation counts as one repetition

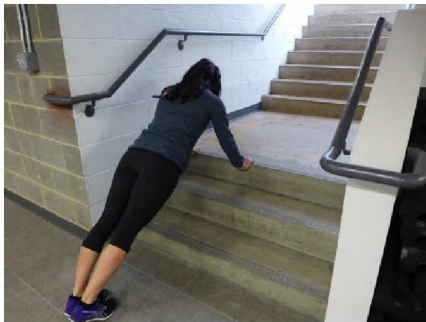
Leg Lifts:



Form: Lying supine raise legs to 90 degrees then drop back down towards the floor without touching the ground.

Push (Home):

Push ups on Stairs:



Form: Place feet on the floor and palms of hand on a step on the stairs. The higher the angle of your body (the higher the step you place your arms) the easier the exercise.

Progression: Work towards doing push-ups on progressively lower steps until proper push up can be completed.

Dips



Form: Hold chair evenly and place feet on the floor. Extend feet outward and place hands on chair as seen in image. Dip towards the ground and then press upward.

Half push-up:



Form: From hands and knees or feet enter push-up position. Hold the push-up at the half way point between the up phase and resting phase.

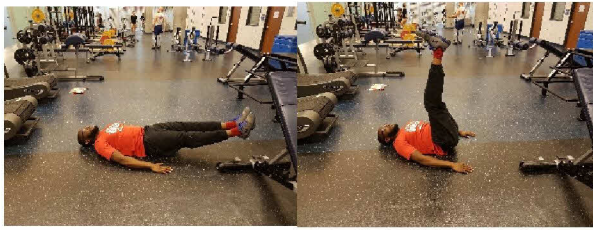
Progression: Increase hold by 5 seconds per week.

Stir the Pot:



Form: Plank on yoga ball with feet on the ground and forearms on the ball. Rotate forearms around the ball such that you are making small circles. Ensure to rotate in each direction. Each rotation counts as one repetition

Leg Lifts:



Form: Lying supine raise legs to 90 degrees then drop back down towards the floor without touching the ground.

Pulls (Gym):

Pull ups:



Form: Grip Bar with pronated grip and place knees on assistance pad if needed. When ready pull up until chin exceeds bar height then go back down

Progression: Decrease assistance by 5 pounds every 3rd exercise if comfortable.

Bent over Rows:



Form: Grip bar such that palms are facing your body. Angle your body so that it is about 10 – 20 degrees above parallel from the floor. Pull the bar to your ribs.

Progression: Increase weight by 5 pounds every 3rd week if comfortable.

Close Grip Lat Pull-down:



Form: Grip bar such that your hands pronated and are spaced wider than shoulder width. Pull the bar down so that it near touches your chest then raise back to start position.

Progression: Increase by 5 pounds every 3rd exercise if comfortable.

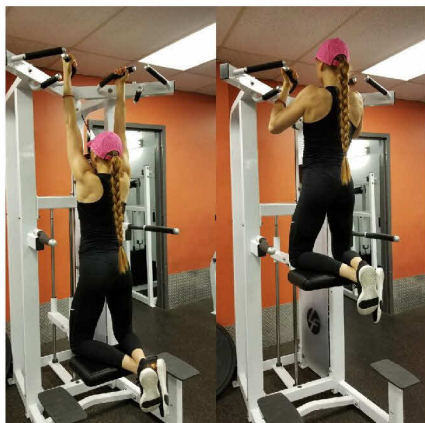
Seated Row:



Form: Maintain straight back throughout the exercise and pull the weight through the full range of motion such that it touches your ribs. Be sure to squeeze shoulder blades at the end range of motion.

Progression: Row should be increased by 5 pounds every 3rd exercise if comfortable.

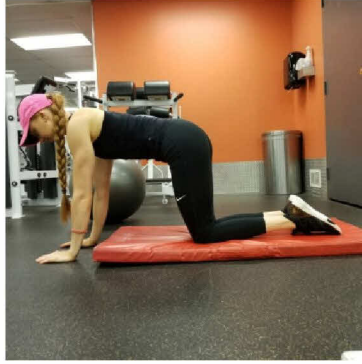
Chin-ups:



Form: Grip Bar with supinated grip and place needs on assistance pad if needed. When ready pull up until chin exceeds bar height then go back down

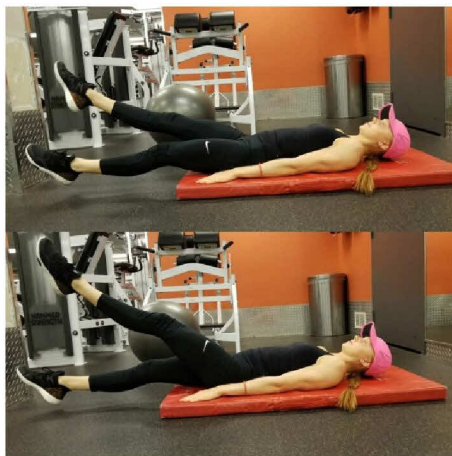
Progression: Decrease assistance by 5 pounds every 3rd exercise if comfortable.

Birdog:



Form: Start on all fours and maintain a stiff core and straight back. Extend one arm and the opposing leg in a straight line making sure not to elevate the hips. Hold for full duration.

Scissors:



Form: Lie supine and alternate raise one leg such that it is perpendicular to the body while the other is off the floor but parallel to the body. To complete a rep alternate legs.

Pull (Home):

Bent over Rows:



Form: Grip bar such that palms are facing your body. Angle your body so that it is about 10 – 20 degrees above parallel from the floor. Pull the bar to your ribs.

Progression: Every week increase the weight by 5 pounds every 3 weeks.

Face Pulls:



Form: Maintain straight back throughout the exercise and wrap a resistance band around a sturdy structure (like a pillar). Pull band towards face while focusing on squeezing shoulder blades at the end range of motion.

Cable Seated Row:



Form: Wrap resistance band around a sturdy structure. Maintain straight back throughout the exercise and pull the weight through the full range of motion such that it touches your ribs. Be sure to squeeze shoulder blades at the end range of motion.

Bird dog:



Form: Start on all fours and maintain a stiff core and straight back. Extend one arm and the opposing leg in a straight line making sure not to elevate the hips. Hold for full duration.

Scissors:



Form: Lie supine and alternate raise one leg such that it is perpendicular to the body while the other is off the floor but parallel to the body. To complete a rep alternate legs.

Chapter 3: A healthier lifestyle

Stress Management:

Stress is something you are guaranteed to experience in university, but there are many things you can do and steps you can take in order to prevent stress build up and reduce your stress levels overall.

Negative health effects of stress:

Stress can affect your mood, behaviour and your body.

Negative effects mood include: feeling depressed, sad, anger and irritability, feeling overwhelmed, having no motivation, feeling relentless anxious, and having difficulty focusing.

Negative effects on your behaviour include isolating yourself from family and friends, having outbursts of anger, drug use, alcohol use and abuse, decreased exercise or over exercising, overeating or under-eating. The negative effects on your body include having trouble sleeping, feeling tired and exhausted constantly, muscle pains, headaches, chest pains and feeling nauseous/upset stomach.

Experiencing stress for a long period of time can lead to long term health consequences.

Ways to reduce your stress levels:

1. Staying connected to others:

Going away to university can leave opportunity for you to be more independent; however, it can often lead to isolation or loneliness. Staying connected with family and friends is extremely important in reducing the initial feelings of loneliness as you get comfortable being away from home. This can also help reduce the feeling of home sickness as you won't feel too far from home if you still stay connected to family.

This is also the time where you need someone to talk to, so having family, friends, loved ones, social workers, university employees, etc. is extremely important to ensure you feel comfortable and cared for. Talk to the university to see if there are buddy programs or social workers available to help you with any feelings you may have and to make you feel secure and safe in your new home.

2. Regular exercise:

Creating an exercise schedule that works with your school schedule is a great idea to ensure you have time to destress. After long hours studying and doing your reading, it is important to give your mind and body a break to recharge. It may feel at times that you have a lot to do and don't possibly have time to fit exercise in, however even just 20 minutes of exercise will lead to more efficient work completion.

3. Relaxation techniques:

Practicing relaxation techniques are a great way to relieve stress and calm your body. Practicing deep breathing exercises, meditation, yoga, tai chi or even getting a massage are all ways to let the mind and body relax. If you have never done these things before, it would be a good time to try something new! Check out classes your university might offer that are similar to these relaxation techniques!

4. Getting a Tutor:

Having a tutor is not something that people proudly talk about, but the truth is everyone struggles with something. Going to university is a lifestyle change and everything there is NEW. Sometimes it isn't just the content that you are learning that is difficult to grasp, but it's the professors method of teaching, it's the lecture environment, it's the method of testing (multiple choice, long answer, etc), which makes

having a tutor extremely helpful. In university the teaching style is different and you may not get the one on one interaction with the teacher like you would get in high school. You are more independent, therefore having someone talk through the content with you, and make sure you are grasping the right concepts is very important in ensuring you are successful in the course. It is NOT something to be ashamed of and is highly encouraged. It will help you stay on top of your work weekly, focused on your school work, and motivated to do well. It's also a great idea to get a group of your friends together and have tutoring study groups where you all meet with the same tutor at the same time. It may make it less intimidating and also save some money where you all chip in! Asking your professor for recommendations on tutors or where to find a tutor for the course is a good way to ensure you get a valid tutor.

Sleep:

Sleep is something that often gets neglected in university but without an adequate amount you can experience weight gain, moodiness, inability to focus or concentrate, memory loss, poor decision making, loss of coordination and motor skills, sickness, acne and problems seeing.

The recommended amount of sleep is 7-8 hours per night, however if you find yourself tired and irritable during the week and sleeping an extra 2-3 hours on weekends, you probably aren't getting enough sleep throughout the week. Making a sleep schedule will help get your body into a routine and ensure you get an adequate amount of sleep the majority of the time.

Are you someone who has trouble sleeping? Here are some things that might help you fall asleep faster:

- ➔ Turning social media off an hour before bed- this can help your brain wind down so that when it's time to go to bed, your mind isn't wondering so much. Social media can also be distracting and lying in bed for hours on your phone prevents you from getting a good amount of sleep.
- ➔ A sound machine- ever thought about a sound machine or playing music at a very low volume? This can help keep your mind from wondering and sooth you to sleep.
- ➔ Repeating a one syllable word- sounds funny, but proven effective. Repeating a one syllable word such as the word "one" over and over in your head at a rate that matches your breathing will distract your mind and help you drift off to sleep.
- ➔ Eat a snack before bed that will help you sleep- fish like salmon, halibut and tuna, jasmine rice, tart cherry juice, yogurt, whole grains, kale, bananas, chickpeas, walnuts and almonds are all foods that have characteristics that help you sleep better.

Sex:

Make sure you always use protection and have the phone number to your local health center and/or sexual health resource service.

Toronto Aids and Sexual Health Information Line: Toll free: 1-800-668-2437/ Local: 416-392-2437

TeleHealth Ontario: Free access to a registered nurse—24 hours a day, 7 days a week. 1-866-797-0000
TTY : 1-866-797-0007

Chapter 4: Things I Wish I Knew Going Into University

"I wish I went to the university ahead of time and really toured everywhere to get comfortable before the education part started".

"I wish I learned how to use the bus system for things like grocery stores, entertainment, and access to gyms and traveling to friend's houses".

"I wish I balanced work and partying. First time away from home it can be tempting to go out and party every night, but you will fall behind quickly in school. Find a balance right away".

"Bring as many things as possible from your home so that when you move away your room feels like you are at home still"

"Bring a mini fridge if possible, it's a life saver"

"Enjoy the freedom of being away from home"

"Don't be shy and don't be afraid to make new relationships with people"

"Always go to class even when you feel tired or feel like it's not worth it"

"Figure out how you study best (with a friend, writing notes, re-reading lectures, etc) and do it every day for at least 20 minutes as a recap. Doing it throughout the semester will pay off at exam time"

"Never do things at the last minute. Jump on them right away. Last minute will be too late, your schedule will get full and you will become overwhelmed. Always stay on top of your work".

Appendix 1

Recipe 1: Overnight Peanut Butter Oats



Ingredients

- 1/2 cup (120 ml) unsweetened plain almond milk
- 3/4 Tbsp (9 g) chia seeds
- 2 Tbsp (32 g) natural salted peanut butter or almond butter (creamy or crunchy)
- 1 Tbsp (15 ml) maple syrup (or sub coconut sugar, organic brown sugar, or stevia to taste)
- 1/2 cup (45 g) gluten-free rolled oats

TOPPINGS

- Sliced banana, strawberries or raspberries
- Flaxseed meal or additional chia seed
- Granola

Directions

1. To a mason jar or small bowl add almond milk, chia seeds, peanut butter, and maple syrup (or other sweetener) and stir with a spoon to combine. The peanut butter doesn't need to be completely mixed with the almond milk (doing so leaves swirls of peanut butter to enjoy the next day).
 2. Add oats and stir a few more times, then press down with a spoon to ensure all oats have been moistened and are immersed in almond milk.
 3. Cover securely with a lid or plastic wrap and set in the refrigerator overnight (or for at least 6 hours).
 4. The next day, open and enjoy as is or garnish with desired toppings (see options above).
 5. Overnight oats will keep in the refrigerator for up to 2 days, though best within the first 12-24 hours.
- Preparation time: 10 minutes

Recipe 2: Meal Preparation- Roasted Chicken and Vegetables



Ingredients

- 2 medium chicken breasts, boneless skinless cut into ½ inch pieces
- 1 cup broccoli florets, frozen or fresh
- 1 small red onion, chopped
- 1 cup grape or plum tomatoes
- 1 medium zucchini, chopped
- 2 cloves garlic minced
- 1 tablespoon italian seasoning
- 1 teaspoon salt
- ½ teaspoon black pepper (optional)
- ½ teaspoon red pepper flakes (optional)
- ½ teaspoon paprika
- 2 tablespoons olive oil
- 2-4 cups cooked rice of choice (optional)
- 4 meal prep containers

Directions

1. Preheat oven to 450F. Line a baking sheet with aluminum foil and set aside.
 2. Place the chicken and veggies in the baking dish. Sprinkle all the spices and garlic evenly over the chicken and veggies. Drizzle with the olive oil.
 3. Bake for 15-20 minutes or until the veggies are charred and chicken is tender.
 4. Place ½ or 1 cup of cooked rice of choice into 4 individual meal prep containers. Divide chicken and veggies evenly on top of the rice. Cover and store in the fridge for up to 5 days or freezer up to 2 months.
- Preparation Time: 10 minutes

Cook Time: 20 minutes

Total time: 30 minutes

Recipe 3: Tuna Cakes

Serves: approximately 16 small patties



Ingredients

- 2 cans flaked white tuna in water, rinsed and drained
- ½ cup large flake oats
- 1 tsp. garlic powder
- 1 tsp pepper
- 1 tsp oregano
- 1 tsp red pepper flakes
- 1 tbsp. ground flax seed
- 2 eggs
- 2 tbsp. tomato paste
- 1 – 1.5 cups shredded spinach
- 1 – 2 small tomatoes, chopped
- 1 – 2 tbsp. roasted pumpkin seeds
- Juice from half a lemon
- Handful fresh parsley or cilantro, chopped

Directions

1. Preheat oven to 400 F
2. Mix all ingredients together in a large bowl
3. Form into patties (refrigerate mixture ~10 -15 minutes if not properly forming) and place on baking tray with parchment paper
4. Bake approximately 15 minutes, flip, and bake another 15 minutes

Appendix 2

*Vegetarian Option

+Vegan Option

Foods That Do Not Require Refrigeration

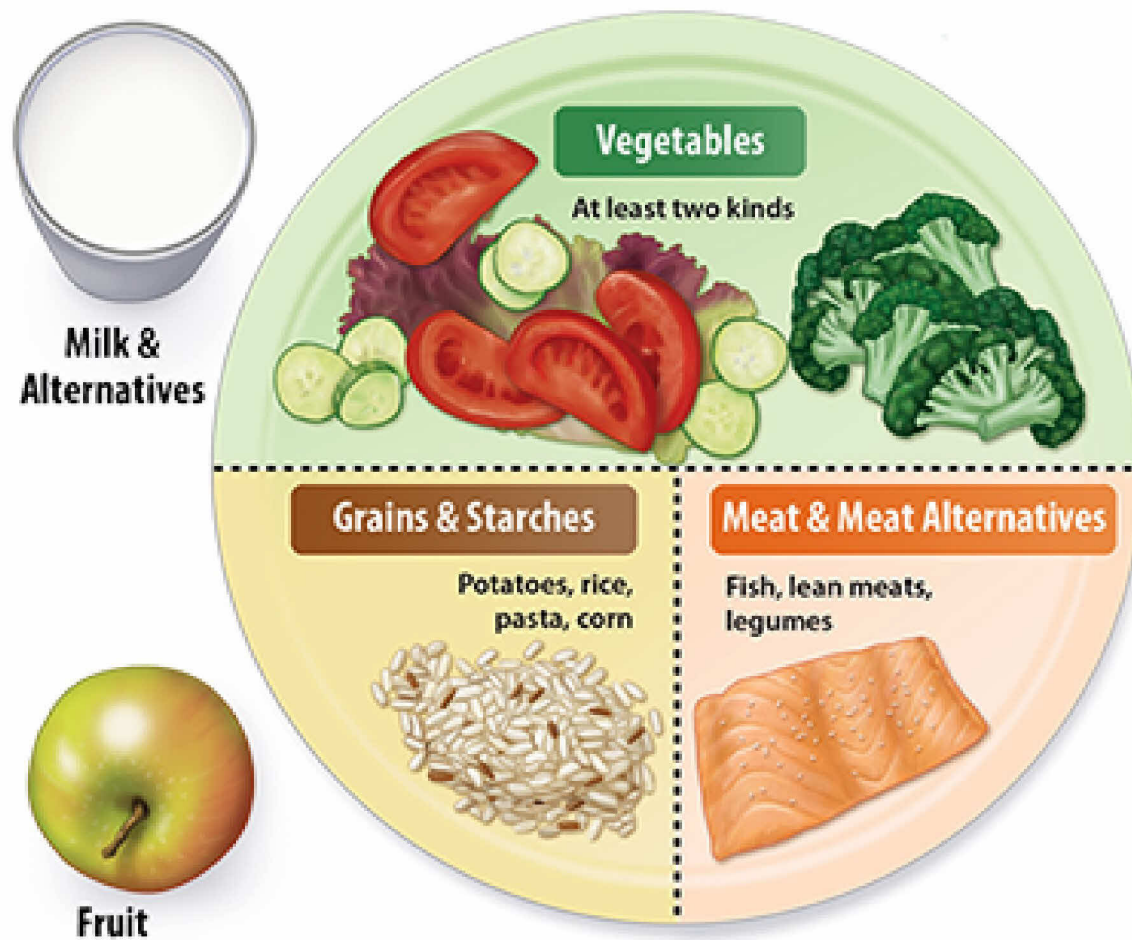
Macronutrient Type	Food Options
Protein	<ul style="list-style-type: none">• Canned Fish in Water (Tuna, Salmon, sardines, etc)• Canned Beans (or dried to be cooked) *+• Whey Protein Powder *• Plant based protein powder *+ (brown rice, hemp, pea, etc.)• Protein Bars *
Carbohydrates	<ul style="list-style-type: none">• Whole wheat bread and crackers• Dried Fruit *+• Fruits (bananas, apple, oranges) *+• Jams *+• Oats*+• Dried Rice *+• Honey *• Maple syrup *+
Fats	<ul style="list-style-type: none">• Nuts (unsalted and raw) *+• Nut butters (all-natural)*+• Coconut chips*+• Avocados *+

Meal Planning























Macronutrient Type	Food Options
Protein	<ul style="list-style-type: none">• Portions of Greek yogurt *• Cooked chicken breasts• Cooked ground beef, turkey, chicken, etc.• Boiled eggs *• Cooked fish filets• Homemade/ healthy protein bars *• Tofu *+• Edemame• Beans (lentils, chickpeas, red, white, kidney, etc.) *+

Carbohydrates	<ul style="list-style-type: none"> • Quinoa *+ • Brown rice*+ • Vegetables (cooked or sliced/raw) *+ • Fruit (sliced or whole) *+ • Smoothie containers/bags (already prepared bags of ingredients to blend for a smoothie) *+ • Frozen fruit/vegetables *+
Fats	<ul style="list-style-type: none"> • Containers/bags of portioned nuts/seeds *+ • Portions of dressings/sauces *+ (depending)

Appendix 3



Appendix 4: Canada's Food Guide

Recommended Number of Food Guide Servings per Day									What is One Food Guide Serving? Look at the examples below.	
Age in Years	Children		9-13	Teens		Adults		51+		
Sex	Girls and Boys			Females	Males	Females	Males	Females	Males	
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7	 Fresh, frozen or canned vegetables 125 mL (½ cup)  Leafy vegetables Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)  Fresh, frozen or canned fruits 1 fruit or 125 mL (½ cup)  100% Juice 125 mL (½ cup)
Grain Products	3	4	6	6	7	6-7	8	6	7	 Bread 1 slice (35 g)  Bagel ½ bagel (45 g)  Flat breads ½ pita or ½ tortilla (35 g)  Cooked rice, bulgur or quinoa 125 mL (½ cup)  Cereal Cold: 30 g Hot: 175 mL (¾ cup)  Cooked pasta or couscous 125 mL (½ cup)
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3	 Milk or powdered milk (reconstituted) 250 mL (1 cup)  Canned milk (evaporated) 125 mL (½ cup)  Fortified soy beverage 250 mL (1 cup)  Yogurt 175 g (¾ cup)  Kefir 175 g (¾ cup)  Cheese 50 g (1½ oz.)
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3	 Cooked fish, shellfish, poultry, lean meat 75 g (2 ½ oz.)/125 mL (½ cup)  Cooked legumes 175 mL (¾ cup)  Tofu 50 g or 175 mL (¾ cup)  Eggs 2 eggs  Peanut or nut butters 30 mL (2 Tbsp)  Shelled nuts and seeds 60 mL (¼ cup)
<p>The chart above shows how many Food Guide Servings you need from each of the four food groups every day.</p> <p>Having the amount and type of food recommended and following the tips in <i>Canada's Food Guide</i> will help:</p> <ul style="list-style-type: none"> • Meet your needs for vitamins, minerals and other nutrients. • Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis. • Contribute to your overall health and vitality. 									<p>Oils and Fats</p> <ul style="list-style-type: none"> • Include a small amount - 30 to 45 mL (2 to 3 Tbsp) - of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise. • Use vegetable oils such as canola, olive and soybean. • Choose soft margarines that are low in saturated and trans fats. • Limit butter, hard margarine, lard and shortening. 