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## Drop of grop— finals won't flop

"I have two papers, a test and a book to read, not to mention finals, and there's only two weeks of school left. I'll never finish everything."

Such laments are being heard more and more often as dead week and finals roll around again. And, as usual, students will apply that final burst of energy and concentration to their books and somehow "finish everything." But in the process their eating, sleeping, and exercise habits will probably become erratic and often inadequate. And in turn some of the abilities to recall and concentrate are lost.

During semester windup, students tend to give up regular meals in favor of snacks. Usually these snacks take the form of empty-calorie chips, cookies, candy and carbonated beverages. Empty-calorie means that the only nutrients supplied in these foods are carbohydrates and fats.

Connie Kies, food and nutrition professor, said, "There is nothing wrong with snacks per se, but these snacks make the likelihood of a less nutritious diet more likely."

So if you are inclined to snacking during finals, try choosing alternatives to the usual standbys.

## shelly kalkowski crumbs

A good idea is to fill a thermos with chilled juice to take with you while studying in the library, Union or park. This will help eliminate the temptation of the pop machine.

For a quick pick-me-up at home, try stirring two teaspoons of lemon juice, 1/2 teaspoon Worcestershire sauce, salt, and pepper into a glass of tomato juice.

Crunchy foods seem to be popular snacks. Instead of munching potato chips, take time out to clean and slice some carrot and celery sticks. Store them in a closed container of ice-water in the refrigerator. Put a few in a plastic sandwich bag to take along on study trips to the park and campus. If you crave salty foods, try dipping the vegetables into garlic, onion or celery salt.

For those with sweet teeth, Heartland cereal adds protein to the carbohydrates. A 16-ounce box contains 11 per cent protein, 17 per cent fat and 64 per cent carbohydrate and costs 59 cents. Heartland is made from rolled oats, defatted wheat germ, brown sugar, and corn syrup and does not contain any artificial preservatives or flavoring. It is ready to eat straight from the box or with milk.

A carbohydrate-protein-iron mix to mingle at home is called grop. Combine equal amounts of dry-roasted, salted peanuts, M&M's chocolate candies and raisins. Then munch.

And, of course, there are a variety of fresh fruits from which to choose. One expensive, but scrumptious possibility is a pint of fresh spring strawberries.

Coffee seems to be one of the staples in the finals week diet. But from a nutritional standpoint coffee has no value unless combined with cream and sugar. Coffee is often consumed in the hopes the caffeine will keep the student awake during an all-night study session.

However, a study conducted at the Massachusetts Institute of Technology found that either the stress of exams or staying up late resulted in a negative protein balance. So from a nutritional standpoint, a good source of protein would prove a better choice than coffee when you must stay up late.

A nutritious and more flavorful substitute for coffee would be a cup of hot instant soup. Lipton now makes the instant Cup-of-Soup series ranging from split pea and tomato to beef Noodle and cream-of-chicken. Kies suggested pea soup as a protein source. Cup-of-Soups come in boxes with four premeasured envelopes. The cost of each envelope averages 10 cents. Regular instant soups can also be used. One-fourth package combined with boiling water will make approximately a cup. And don't forget bouillon.

Even though snack foods help give students a positive lift during finals, Kies said it is still important to eat regular meals and to keep total body health in mind. Not only does a student need to be aware of what is being eaten, he also needs plenty of exercise and sleep. These are good justifications for a game of tennis and an early bedtime.

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