



WHY HEALTHY SNACKING MATTERS FOR STUDENTS DURING LATE-NIGHT STUDY SESSIONS?

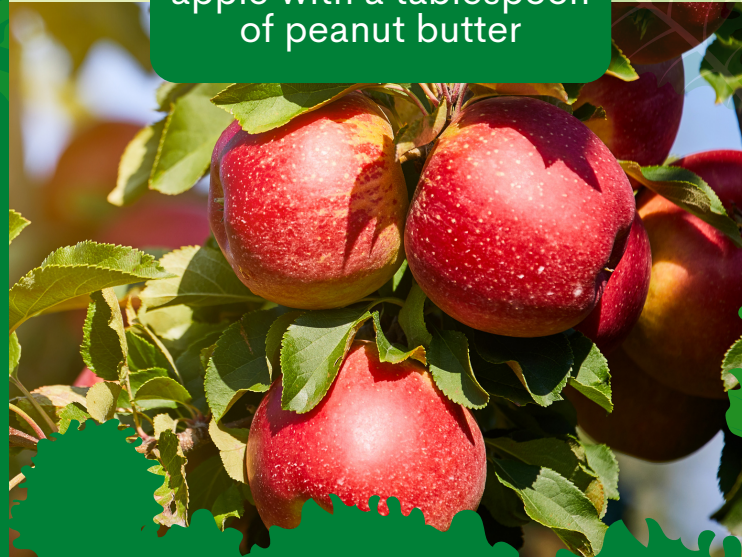
- Beneficial for health
- Sustains stable energy
- Maintain focus and productivity

THE PROPER SNACK PORTIONS FOR YOUR BODY

150 - 250

Calories/Snack

This is equivalent to an apple with a tablespoon of peanut butter



REGULER NIGHT OWL?

Choose **HEALTHY SNACK**

To Accompany Your Study Sessions

it is important to build a habit of consuming healthy snacks in the right portions, while avoiding snacks that are high in sugar

STUDENTS, STAYING UP LATE AND SNACK.

The life of a college student is often characterized by long nights and endless assignments. Maybe staying up late is a word that is inherent in student culture. Often, snacks are the loyal companions that accompany books and laptops, but what we consume while staying up late is something to consider. **It's not uncommon for students to prefer coffee to accompany their stay up late. Not only coffee, students usually snack on chips, wafers, sweet martabak, toast, spicy snacks such as macaroni and basreng, soft drinks and also junkfood.** However, it's crucial to choose healthy snacks during late-night study sessions. Consuming the right snacks is key to maintaining good academic performance and minimizing negative impacts on health.

A VARIETY OF HEALTHY SNACKS FOR KEEPING YOU COMPANY DURING LATE-NIGHT STUDY SESSIONS

FRESH FRUITS



like apples or bananas are examples of snacks that are high in fiber and provide energy gradually.

DAIRY PRODUCTS



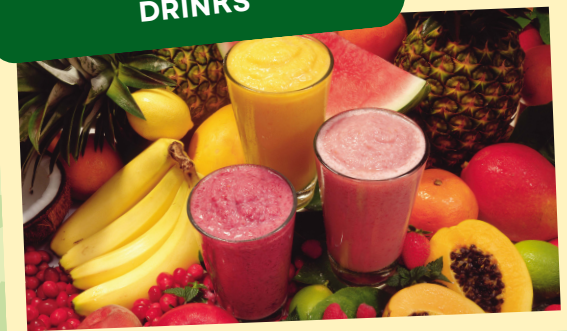
low-fat yogurt is a nutrient-rich alternative.

NUTS



such as almonds or edamame are a good source of protein and can improve concentration.

DRINKS



mineral water, herbal teas or low-sugar smoothies can help maintain hydration and energy.

KELOMPOK 17 IKM C

- ✓ Siske Septiana (10011282227057)
- ✓ Claresta Floean (10011282227119)
- ✓ Dihni Ramanda Putri (10011382227202)
- ✓ Ayu Nastiti Maharani (10011382227221)