

Stocking Your Dorm Room

EASY SNACK IDEAS

Hummus and Crackers
Yogurt and Granola
Popcorn and Nuts
Make your own trail mix
Apple Slices or Carrots and PB

MINI FRIDGE

- Dairy: Cheese Sticks, Yogurt, Milk
- Baby Carrots, Cucumbers and Celery
- Lean Deli Meat
- Hummus
- Fruit
- Applesauce and Jello
- Guacamole

DRY STORAGE

- Nuts and Seeds
- Peanut Butter
- Dried Fruit
- Whole Grain Cereal
- Oatmeal Packets
- Whole Wheat Bread, Tortillas, English Muffins, Bagels, etc.
- Whole Grain Crackers or Chips
- Tuna Packets
- Canned Beans
- Brown Rice

EASY MEAL IDEAS

Breakfast: Peanut Butter and Oatmeal
Lunch: Sandwich on Whole-Grain Bread with Carrots
Dinner: Whole-Grain Cheese Quesadilla and Salsa

Lifestyle tips:

- Plan out your day. Think about meal breaks you may have and go into your day with a plan.
- Pack well. Pack snacks with you everywhere you go. This way you can eat when you feel hungry, and will keep you from overeating at meal times.
- Enjoy your foods. All foods can fit into a healthy eating plan. The key to healthy eating is balance and making good choices when possible.

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