

Healthy Eating for Dorm Living

Nutrition might be the last thing on your mind as a busy college student. Between exams, rushing to class, and having an active social life, maintaining healthy eating habits can be tricky. Just because you live in a dorm doesn't mean you have to jeopardize your health. Here are some ways you can eat healthy while living on campus.

Mini-Fridge Essentials

Keeping your fridge stocked will allow you to have plenty of options to choose from. Try stocking your fridge with balance of carbohydrates, protein and healthy fats.

- Pick up veggies that don't require much prep and don't go bad quickly-
 - » **Baby carrots, snap peas, cherry tomatoes**
- Keep some **hummus** or **dressing** around to add flavor to your veggies
- **Apples** and **bananas** are easy to grab and take on the go
- Add some **berries** to **yogurt** for a calcium-rich snack
- **String cheese** is a great grab-and-go afternoon snack
- **Nut butters** are full of healthy fats and pair great with veggies or fruit
- **Whole grain bread** is always handy to have around

These items are available for purchase at Campus Market.

For the Pantry

- **Oats**—make overnight oatmeal with milk, fruit, and nut butter
- **Nuts & seeds**—whip up some no-bake granola bars for an easy snack
- **Beans**—add to a rice and bean burrito or mash them into a dip for an inexpensive protein-filled meal
- **Rice**—this versatile grain can be added to almost any meal

Start Your Day off Right

Students who eat a well-balanced breakfast that is low in simple sugars tend to maintain greater concentration and memory throughout the day. Not only is it beneficial to just eat breakfast, it is also important to have a healthy one.

Try choosing foods that are high in **fiber** and **protein** to keep you full longer. Here are some nutritious and easy breakfast ideas:

- **Peanut butter and banana covered bagel**
- **Fruit and flaxseed smoothie**
- **Yogurt parfait with fruit and granola**
- **Oatmeal with nuts and fruit**

If you're short on time, grab something healthy on the go such as **trail mix, fruit, or hardboiled eggs.**

Fruit and Yogurt Parfait



Layer the desired amount of yogurt, fruit, and oats in your favorite cup, and you're set!



No-Bake Granola Bars

- 2 cups oats
 - 3/4 cups almonds
 - 1/2 cup dried cranberries
 - 1/2 cup nut butter of your choice
 - 1/4 cup honey
1. In a large bowl, combine oats, almonds, and dried cranberries in a bowl.
 2. In a separate bowl, combine the nut butter and honey, then microwave for 30 seconds.
 3. Combine the hot nut butter mix with the oat mix.
 4. Find a flat dish and spoon your granola mixture in. Press firmly to compact the granola.
 5. Place the granola in the freezer for 15-30 minutes, then cut into 9-12 bars.