

# Dorm friendly foods



**Breakfast ideas** It's important to start your day off with good nutrition to help keep you full, focused, and nourished throughout the day. College can be demanding of you time and energy- do all that you can to take care of yourself! You can find many of these recipes as well as others on [celebratemore.com/dietitians](http://celebratemore.com/dietitians)

- **Overnight oats**
- **Omelet in a mug**
- **Yogurt parfait** (low-fat/fat free yogurt + granola + fresh fruit)
- **Whole grain cereal** (dry or w/milk) + **fresh fruit**
- **No-bake energy bites**
- **Whole wheat tortilla + nut butter + banana**
- **Apple slices + nut butter + granola**
- **Whole wheat bread + nut butter w/fresh fruit**
- **Homemade trail mix w/fresh fruit**
- **Belvita Breakfast Biscuits + fresh fruit and nut butter**
- **KIND granola bars/KIND breakfast bars + fresh fruit**
- **Cottage cheese + fresh fruit or canned fruit in 100% juice**

**Mini-fridge must-haves** Set yourself up for success and keep these nutritious items on hand in your fridge for quick and easy options to add for meals and snacks.

- **Yogurt** (1% or fat free)
- **String cheese** (part-skim)
- **Fresh veggies** (carrots, pre-cut broccoli, etc)
- **Hummus**
- **Cottage cheese**
- **Fresh fruit & canned fruit in 100% juice**
- **Applesauce**
- **Low fat milk**
- **Eggs**

**Dorm room staples** Set yourself up for success and keep these nutritious items on hand!

- **Whole grain cereal**
- **Fresh fruit** (bananas, apples, etc.)
- **Whole grain crackers** (try Wheat Thins, or Triscuits)
- **Whole grain granola bars**
- **Whole wheat tortillas**
- **Canned tuna & chicken**
- **Popcorn** (try Angie's Boom Chicka Pop- yellow bag!)
- **DIY trail mix** (nuts, raisins, dry cereal, etc.)
- **Food Club or Crystal Light zero calorie drink mixes**

**Stay hydrated!** Don't forget to always have a water bottle on hand with you at home as well as during the day when you are on campus. Try Food Club or Crystal Light zero-calorie drink mixes to switch up your beverage options! Be careful of sugar sweetened beverages such as sodas, sports drinks, and other energy drinks.



More information at [celebratemore.com/dietitians](http://celebratemore.com/dietitians)

Available at all

