

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 your time and energy- do all that you can to take care of yourself!

- **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**
- **Rice cake topped with avocado + salmon pouch**
- **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**
- **Kodiak microwave mug cake** (1/2 C Kodiak Power Cake mix + 1/4 C milk or water)

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 to meals and snacks.

- **Yogurt** (1% or fat free)
- **Cheese** (string, cubes, sliced, Babybel)
- **Fresh veggies** (carrots, pre-cut broccoli, etc)
- **Hummus**
- **Cottage cheese**
- **Fresh fruit & canned fruit in 100% juice**
- **Low fat milk**
- **Hard boiled eggs**
- **Lower-sodium lunch meat**
- **Applesauce**

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 or pouch tuna & chicken**
- **Popcorn**
- **DIY trail mix** (nuts, raisins, dry cereal, etc.)
- **Food Club or Crystal Light zero calorie drink mixes**
- **Instant brown rice cups**
- **Harvest Snaps**

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 sparkling water options such as Waterloo, Polar or Bubly to switch up your beverage options! Consider limiting sugar sweetened beverages such as sodas, sports drinks and energy drinks.

Scan here to get connected with our Registered Dietitian Team.



They are available to answer your nutrition questions, share recipes, and provide resources.

registered dietitian team

