

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** (2 eggs + veggies)
- **Yogurt parfait** (low-fat/fat free Greek 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 w/nut butter & 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**
- **Kodiak microwave mug cake** (½ C Kodiak Power Cake mix + ¼ 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.

- **Fresh fruit & canned fruit** (in 100% juice)
- **Cheese** (string, cubes, sliced, Babybel)
- **Fresh veggies** (carrots, pre-cut broccoli, etc)
- **Yogurt** (1% or fat free)
- **Low fat milk**
- **Cottage cheese** (fat free, 1%, or 2%)
- **Applesauce**
- **Hummus**
- **Eggs**
- **Low-sodium lunch meat**
- **Sparkling water** (try Bubly, Waterloo or Polar)

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**
- **Instant brown rice cups**
- **Harvest Snaps**
- **Canned/pouch tuna & chicken**
- **Popcorn** (try Angie's Boom Chicka Pop- yellow bag!)
- **DIY trail mix** (nuts, raisins, dry cereal, etc.)



Stay hydrated! Don't forget to always have a water bottle on hand at home as well as during the day when you're on campus. Try sparkling water to switch up your beverage options! Consider limiting sugar sweetened beverages such as sodas, sports drinks, and other energy drinks.



CREATED BY TRUSTED REGISTERED DIETITIANS

hornbachers.com/new/good4you