

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

- **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.

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For any specific assistance with dietary needs, please reach out to our team of dietitians at Coborn's by emailing: Supermarket.Dietitians@Cobornsinc.com



Our Supermarket Registered Dietitians

AMY, RD, LD
ASHLEY, RD, LD
EMILY, RD, LD