

# Key Performance Foods for Your College Dorm Room or School Backpack

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## Back to school tips:

- Try to regulate yourself with a high energy breakfast. Even if you have been sleeping late this summer, get yourself back on track with a good fiber and protein source.
- Take snacks for your school day and/or keep them in your dorm room for later in the day. Make sure to consider fresh fruit, grains, and dairies, often these run low in the student's diet.
- Take water bottles of water, flavored water or juices with you to help yourself stay hydrated. Having it with you will remind you to drink. Stick it in your backpack or book bag and remember to drink as you walk across campus in the heat.
- If you're a regular exerciser or athlete, make sure to have a good afterschool/pre-practice or training snack to fuel up for your training esp. sources like high carb energy bars or salted pretzels with a bottle of hydrating fluids.
- If you struggle with overeating while studying, consider keeping individually portioned snack foods and desserts in your room. It's O.K. to snack before you go to bed. Dairy is often a soothing relaxing food that helps you to sleep!



## Breakfast Ideas

Fresh fruit (bananas and apples are particularly good, because they do not need to be refrigerated)

Yogurt

Cereal

Low-fat or fat-free milk

Instant Grits or Oatmeal

Whole wheat bread, English muffins, or bagels

Peanut butter

Cereal bars

Granola bars

Bottled smoothies

Chex Morning Mix

Carnation Instant

Breakfast (It's better than no breakfast at all!)



## Snack Ideas

String cheese

Cottage cheese

Tuna or chicken salad kits

Whole wheat crackers

Campbell's Soup at Hand

Popcorn

Fresh fruit

Energy bars

Baby Carrots



Trail mix (with nuts and dried fruit)

Dried fruit (including fruit leathers)

V8 vegetable or fruit juices

Nuts

Pretzels

Graham crackers

Vanilla wafers

Fig Newtons

Pudding cups

Jell-O cups

## Beverage Ideas

Fresca

Bottled water

Juice

Fruit 2O

Flavored seltzer water

Hot Chocolate made with low-fat milk