

## Sports Nutrition: Dorm Room Eating

### 1. Dorm room snacks

- a. Avoid high fat and high calorie snacks late at night
- b. Individual serving packs are nice, but result in a lot of package material waste. Instead, buy a larger bag and serve into a bowl to limit quantity. Never eat directly out of the bag.
  - i. Low-fat microwave popcorn
  - ii. Unsweetened apple sauce
  - iii. Oatmeal packets
  - iv. Hot chocolate (sugar free or regular)
  - v. Individual serving packs of baked chips
  - vi. Whole fruit
  - vii. Sugar free drinks
    1. Crystal light
  - viii. Beef/turkey jerky
  - ix. Sugar free or regular Jell-O and pudding: individual
  - x. String cheese
  - xi. Vegetable or broth based soups
  - xii. Low-fat yogurt
  - xiii. Trail Mix but watch quantity:  $\frac{1}{4}$  cup=1 handful= ~400 calories
    1. Consider the dried fruit mix.
    2. Could mix together one bag of each to decrease fat per serving

### 2. Meals in room

It's not uncommon to eat some meals in your room. Don't compromise on nutrition though. It comes down to setting yourself up for success by being prepared.

- a. Cottage cheese, whole or canned fruit, microwave soups
- b. Low-fat chicken or turkey chili, whole fruit
- c. Canned chicken made into chicken salad for sandwiches. Eat with fruit, baby carrots, yogurt to round out meal
- d. PBJ, fruit, yogurt
- e. Pop-top soups: get the ones with beans or meat added: chicken and rice, minestrone, beef barley etc... Avoid the cream soups at night unless labeled low fat.
- f. Whole wheat, low-fat crackers, peanut butter, apple, yogurt
  - i. The drinkable strawberry yogurts do not require refrigerating
- g. Thai noodle bowls
- h. High Protein slim fast with whole fruit, whole wheat crackers
- i. Minestrone soup or other bean soup, crackers, fruit

### 3. Care Packages

- a. Have family, friends send or bring healthier snacks
  - i. Trail mix or Fruit nut trail mix bars
  - ii. Sugar free and low fat Jell-o and pudding cups or fruit cups
  - iii. Drinkable yogurts that do not require refrigeration
  - iv. Cans of chicken, tuna, salmon
  - v. PBJ supplies