



Dashing to class on an
empty stomach?

**Not sure what to choose
at The Diner?**

Snack stash running low?

Or getting boring?

Check Out the...

College Student's Guide to "Dorm Dining" and On-the-Go Snacking

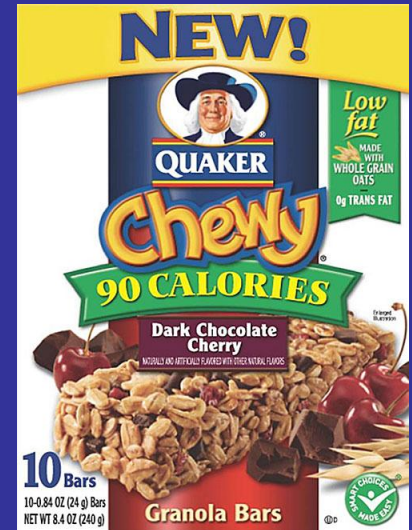
Mini-Fridge Fillers

- **Yogurt** (1% or fat free)
- **String Cheese** (part-skim)
- **Fresh Veggies**
 - Baby Carrots w/ hummus
 - Sliced Cucumbers, Peppers, or Cherry Tomatoes w/ low fat dressing
- **Cottage Cheese**
 - Mix with canned pineapple or blueberries!
- **Jello Pudding Snack** (fat free)
- **100% Fruit Juice Boxes**
- **Applesauce**



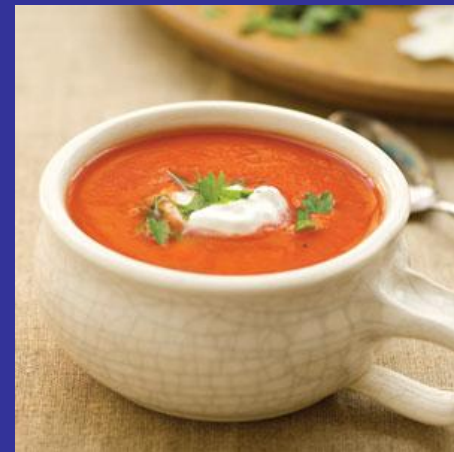
Study Snacks Galore!

- **Whole Grain Cereal w/ low fat milk**
 - Try: Kashi, Life, Wheat Chex, Mini-Wheats
- **Fresh Fruit**
- **Oatmeal**
 - Mix with a banana or a few berries!
- **Whole Grain Crackers**
 - Top with peanut butter or part-skim cheese!
- **Low-fat Granola Bars**
- **Popcorn**
 - Try: Orville Redenbacher's 100-calorie Mini Bags
- **Trail Mix**
 - Make Your Own! Try: nuts or soy nuts, raisins or other dried fruit, dry cereal, and toss in a few M&Ms!



Healthy Meals... In Your Own Dorm Room

- **Low-Sodium Canned Soup**
 - Try: lentil, bean, tomato, or split pea
- **Cold Cut Sandwich or Pita**
 - Lean meat (i.e. turkey, ham)
 - Whole grain bread
 - Fresh veggies
 - Mustard or low fat dressing
- **Bean Burrito**
 - Canned refried beans
 - Green peppers and onions
 - Shredded part-skim cheese
 - Salsa





Late Night Vending Machine Raid? No Problem!



Try these Snacks Out!

- Nuts/Peanuts
- Baked Chips or Crackers
- Pretzels
- Trial Mix
- 100% Fruit Juice
- Diet Soda
- Tea (unsweetened or diet)



Snacker Beware!



- Cookies
- Candy Bars
- Snack Cakes
- Sandwich Crackers
- Sugary Soda or Juices

Navigate the Dining Hall

Cluckers

- Skinless Baked Chicken
- Wild Rice
- Baked Beans
- Green Beans



The Grille

- Chicken Breast Fillet
- Veggie Burger



Salad Bar

- Fresh Fruit and Veggies
- Turkey, Ham, or Tuna
- Kidney Beans or Chickpeas
- Sprouts
- Cottage Cheese
- Sunflower Seeds
- Tofu
- Hummus
- Light Dressing



Navigate the Dining Hall

Pair a Side of Vegetables or Fruit with...

Slice of Cheese or
Veggie Pizza



Spaghetti w/ Marinara Sauce

And For
Dessert...

- Frozen Yogurt
- Jello
- 1 Cookie w/ Flavored Coffee



Best Bites: Helpful Hints for Eating Out in College Park

- Skip the mayonnaise and special sauce on sandwiches- Cut the fat by adding fresh vegetables and mustard!



- When selecting a side dish, substitute a **baked potato**, piece of **fresh fruit**, or **baked chips** for high-fat options such as French fries or sweets.
- Stick with **grilled meat** options as opposed to fried chicken or fish.
- Make half your grains **whole-** breads, cereals, crackers, and pasta!
- Select **low fat dairy products-** milk, cottage cheese, and yogurt!



TERPS ARE



WHAT THEY EAT

Try a FREE Diet Analysis!

For More Information:
<http://ter.ps/dietanalysis>

