



Dashing to class on an
empty stomach?

Not sure what to choose
at The Diner?

Snack stash running low?

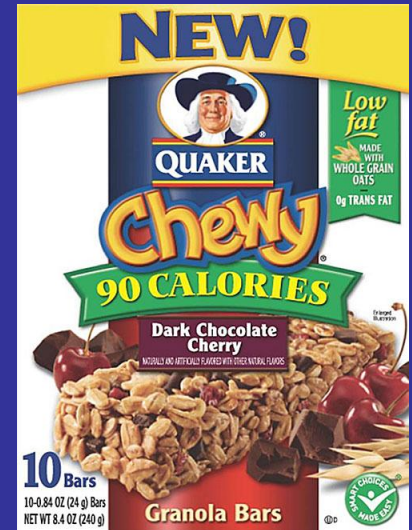
Or getting boring?

Check Out the...

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

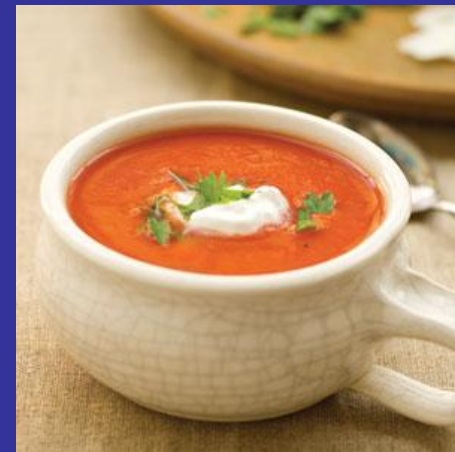
Study Snacks Galore!

- **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>

