20 Foods to Stock your Dorm Room with this Semester

1. **Nuts** – Walnuts, peanuts, cashews, almonds! The options are endless. Nuts naturally contain healthful fats that are beneficial for heart health. Aim for 1 ounce per day!

2. **Cottage Cheese** – Combine with fruit or nuts for a nutritious treat! Cottage cheese contains about 13 grams of protein per ½ cup.

3. **Low-Fat Milk** – Milk is loaded with calcium, an important mineral for bone health. An 8 ounce glass of milk provides 30% of your daily calcium needs!

4. **String Cheese** – String cheese is a great snack between classes. Consuming 3 servings of low-fat dairy per day has shown to help with weight management.

5. **Low-Fat Yogurt** – Yogurt is a convenient on the go snack or breakfast! Looking for extra protein? Try Greek yogurt – one serving contains double the protein of regular yogurt (about 10 g).

6. **Canned Tuna** – Tuna contains omega-3 fatty acids which help decrease the risk of heart disease. Look for tuna packed in water!

7. **Fruits** – Fruit is packed with vitamins, minerals and antioxidants. Consuming a variety of fruits may reduce the risk of heart disease and cancer!

8. **Vegetables** – Vegetables make a great, low calorie snack. Remember, the darker in color the more nutrients the vegetable contains!

9. **Black Tea** – Drinking black tea may help you recover from stressful events more quickly. This is opposed to coffee, as it can boost stress hormones and raise blood pressure.

10. **Dark Chocolate** – Enjoy dark chocolate when you are craving something sweet! Dark chocolate contains antioxidants called flavonoids. These help reduce the risk of cardiovascular disease!

11. **Hummus** – Try this alternative dip with fresh vegetables or as a spread on sandwiches! Hummus is packed with fiber, which can help keep you satisfied and prevent weight gain.

12. **Salsa** – This alternative topping is loaded with vegetables and contains only 20 calories per ¼ cup.

13. **Whole Grain Crackers** – Pair with hummus or nut butters for a nutritious snack! Whole grains are packed with fiber which can help keep you full and help with weight management.

14. **Popcorn** – Popcorn is a whole grain that is low in calories and fat and high in fiber. Plain air popped popcorn contains 1 gram of fiber per cup.

15. **Oats** – Oats are whole grain carbs that help keep you fuller longer and help the brain produce more serotonin, a feel good hormone.

16. **Whole Grain Bread/Tortillas** – Pair with nut butters or low-fat cheese for a tasty snack! Consuming whole grain bread or tortillas may help reduce blood cholesterol levels and the risk of heart disease.

17. **Whole Grain Cereal** – Whole grains are an important source of B vitamins, which play a key role in metabolism. Aim to make half your grains whole!

18. **Spices** – Spices, such as nutmeg and cinnamon are great low calorie additions to yogurt, oatmeal, tea and coffee!

19. **Eggs** – Eggs are a high quality protein source that contain all the essential amino acids a human needs. Eating eggs can help with weight management, brain function, and eye health.

20. **Water/Seltzer** – You may be less tempted to consume sugary beverages when you have water or seltzer on hand. Try adding fresh fruit slices to add a burst of flavor!