

Healthy Dorm Snacks

Keep these snack foods around your dorm instead of high sugar, high fat, and high calorie ones!

Fresh fruit
Canned fruit packed in light juices
Healthy Breakfast cereals (include high fiber, low sugar)
Pita bread with apple butter
Ready-to-eat veggies such as baby carrots or celery sticks
Non-fat bean dip, salsa, and baked tortilla chips
Microwave popcorn (low fat)
Low-fat yogurt
Skim chocolate milk
Low fat granola bars
Individual boxes of raisins
Instant soups (low sodium)
Frozen fruit bars, non-fat sorbet, low-fat frozen yogurt
Animal crackers
Pretzels

Other helpful tips:

Eat sensibly

College students are notorious for eating on the run, relying on convenience foods, and gaining unwanted pounds, particularly in their first semester away from home. With no one looking over your shoulder, it is easy to ignore the commonsense principles of eating a varied diet, avoiding excess processed and packaged foods, and not skipping meals. Avoiding excess sugar and eating plenty of whole grains, fiber and fresh fruits and vegetables will help you avoid feeling sluggish. Eating breakfast will help keep you awake and alert for morning classes. Caffeine is okay, but at with most things, moderation is the key.

Exercise Regularly

Sign up for an intramural sport this fall. It will not only provide a regular source of exercise, but you will also have an additional opportunity to meet people and make friends. If organized sports are not for you, find another way to exercise regularly. Many colleges have exercise and dance classes for students. Check out the Ratner group exercise schedule for classes. Enjoy biking, walking or running along the Lakeshore Path. Aim for a minimum of 20-60 minutes of vigorous exercise 3-5 days per week. Aerobic exercise is doing you some good if it raises your heart rate and you do it regularly. Don't forget to stretch your muscles. Keeping yourself flexible and limber will help keep you healthy! Exercise will help you stay healthy and is a great way to relieve stress!

Get adequate rest

Young adults need more sleep than older adults. You should try and get 7-9 hours of good sleep each night. Sleep deprivation makes it harder to concentrate and to learn. You may feel that you need to stay up late to study, but getting adequate sleep and studying when you are well rested is far more beneficial than studying throughout the night without any sleep.