

Healthier Foods in the Dorm

Foods to Keep on Hand:

- Skim milk
- Low-fat Cottage Cheese
- Low-Fat Yogurt
- Low fat String Cheese
- Fresh Fruit and Vegetables
- Hot Cereals (Oatmeal)
- Cold Cereals (Kashi Golean or Special K)
- Whole Wheat Bread
- Peanut Butter (Smart Balance or Smucker's Natural)
- Jelly (Sugar-free)
- Canned soup (low sodium)
- Air popped popcorn (plain)
- Tuna (canned or pouches)
- Frozen entrée's (low in sodium & high in protein e.g. South Beach Diet Entrees)
- Bagged Salad Mixes
- Salad Dressings (Newman's Own Lighten Up)



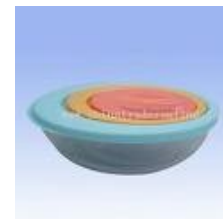
Items to keep in the dorm:

- Potholders
- Microwave Safe Containers and Lids
- Cutting Board
- Utensils
- Measuring Cups
- Measuring Spoons
- Plastic Wrap
- Aluminum Foil
- Colander
- Dish liquid soap
- Sponge
- Towel to dry dishes



Tips to Cooking in the Microwave:

- Always use microwave safe containers
- Never use aluminum foil
- Vegetables can be fully cooked in a microwave
- Cooking time for foods is usually quicker
- Foods will cook faster if you:
 - Cut into small pieces
 - Cover the foods



Remember to Exercise Daily!

How to make a tuna fish sandwich:

- 1 can tuna (drain water)
- 1 tablespoon light mayonnaise

Mix tuna and light mayonnaise together. Store in a covered container in refrigerator for up to 3 days. Put tuna on whole wheat bread and enjoy! Add cheese, lettuce or tomatoes if you wish!



Easy English Muffin Pizza:

- Multi-grain English Muffin
 - Pizza Sauce
 - Low-fat Shredded Mozzarella Cheese
- Cut the English Muffin in half. Spread 1 teaspoon of pizza sauce on each side. Sprinkle each side with enough cheese to cover the English Muffin. Heat in the microwave for 30 seconds and enjoy! Feel free to add veggies to the top!

Cottage Cheese Veggie Dip:

- 1/3 cup nonfat/low-fat milk
 - 1 pint low-fat cottage cheese
 - 1/2 package of vegetable soup mix
 - Lots of raw veggies, cut up for dipping
- Mix milk, cottage cheese and vegetable soup mix in a bowl. Place in refrigerator for at least 30 minutes or until cool. Serve with raw veggies!



How to Steam Vegetables in the Microwave:

1. Prepare vegetables for cooking. Wash thoroughly. Cut into equal size pieces to ensure even cooking.
2. Place vegetables in a large, microwave safe bowl.
3. Add water to the bowl. Just enough to cover the vegetables.
4. Cover bowl with microwave safe plastic wrap, and turn-up on corner to vent.
5. Microwave on high for 4-8 minutes (depending on thickness of vegetables or consistency you prefer).
6. Season if you wish and enjoy!

