

UNT Dietitian's Top Picks

For Healthy Choices in Your Residence Hall

A green light to greatness.

STUDENT HEALTH AND WELLNESS CENTER
Division of Student Affairs

UNT

visit us online at: www.healthcenter.unt.edu

DRY STORAGE

Get a box, plastic bin or small shelf where you can store foods that don't need to be refrigerated. Keep it at least 6-12 inches from the ground to keep critters, dust and other unwanted items out of your food.

- Nuts and Seeds.** A great addition to yogurt, oatmeal, salad or as a snack. Try making your own trail mix.
- Nut butter (peanut butter, almond butter, etc.).** Add a spoonful to your oatmeal or spread on a tortilla or slice of bread for a quick and easy meal. Try adding a banana for natural sweetness without jelly. Pair with crackers or fruit for a quick and filling snack.
- Dried fruit.** Great as a snack or mixed into oatmeal or homemade trail mix.
- Whole grain cereal.** Eat with milk for breakfast, dry when on-the-go or use as a yogurt topping.
- Oatmeal packets.** This is a satisfying whole grain breakfast that will help keep your energy up.
- Whole wheat bread, tortillas, English muffins, bagels, etc.** The possibilities are endless, so be creative!
- Whole grain crackers or chips.** Have crackers with hummus, tuna, peanut butter or deli meat and cheese. Use tortilla chips to make nachos.
- Canned or foil wrapped tuna (packed in water).** A healthy lean protein that's packed with nutrition. Eat with crackers, in a sandwich or on a salad.
- Canned beans (whole or fat-free refried).** Add to salads, quesadillas, burritos, tacos, nachos or pair with rice and veggies.
- Microwaveable brown rice cups.** An easy way to add whole grains to your meal with no clean-up!
- Low-fat popcorn.** A tasty whole grain snack.

KITCHEN ESSENTIALS

Have these things in your dorm room to make meal and snack prep a breeze.

- Microwave & Mini-Fridge.** Call or look online to see if your room will have these available. Consider buying one or both if your room doesn't have them.
- *Disposable plates and bowls.** Paper versions are a better choice than plastic or Styrofoam because they can be put in the microwave.
- *Disposable forks, spoons and knives.** Inexpensive plastic versions are great.
- Paper towels or napkins.** These are helpful for cleaning up any spills.

Extras

- Can opener.** You can certainly get by without one, but it's handy for opening cans of tuna, beans, veggies or fruit.
- Coffee maker.** It's much cheaper to get your caffeine fix in your room than at your nearest coffee shop! You can also use a coffee maker for tea or hot chocolate.
- Other small appliances of your choice.** UNT Housing also allows a few other appliances. Check online to see what is approved for your hall.

*If you have easy access to a sink and want to buy things to wash dishes, you could also get plastic, reusable versions. Make sure the ones you choose say "microwave safe".

This is a basic list of things to have available in your room. Students on a 7-Day Meal Plan may not need many in-room options. For those who have other meal plans and will be responsible for several meals each week, this list will help you to be prepared with healthy choices.

MINI-FRIDGE

A refrigerator is really helpful if you plan to eat several meals in your room. You probably won't have the space for all of these things, so pick a few of your favorites.

- Low-fat cheese (shredded, slices, cheese sticks).** Shredded cheese is great for salads, quesadillas, burritos, tacos or nachos. Sliced cheese works best for sandwiches. Cheese sticks are a great addition to a snack.
- Low-fat milk.** Milk is so versatile! Drink by itself, as chocolate milk, hot chocolate or use in cereal.
- Low-fat yogurt.** This can be added to breakfast or eaten as a snack. Top with nuts, berries or low-fat granola for an extra special treat!
- Fresh fruit and veggies (bagged salad, baby carrots, cherry tomatoes, etc.)** Look for things that require minimal prep.
- Lean deli meat (turkey, ham, etc.).** Sandwiches and wraps are a quick, no-cook meal. Don't forget to add some veggies!
- Hummus.** This makes a great snack if paired with whole grain crackers and raw veggies. Make it a meal by spreading hummus onto a whole grain tortilla and adding cheese and veggies of your choice.
- Salsa.** Top quesadillas, burritos, tacos, nachos or eggs. Top whole grain chips with salsa as a snack.
- Eggs.** Did you know you can cook eggs in the microwave? Crack eggs in a bowl, scramble with fork and add a splash of milk or water. Cook on high for 2 minutes, then stir. Cook additional 1-1 1/2 minutes or until cooked through.
- Healthy soup.** Look for varieties without lots of added salt or fat. Soup can be a great way to get in veggies.
- Light dressing and/or mayonnaise.** Consider buying small bottles or individual packets.

To learn more about healthy eating, contact the Student Health and Wellness Center at 940-565-2333 and schedule an appointment with the dietitian