Performance Fue for Your **Dorm Room**

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Portable & Non-Perishable Foods:

- Jerky Trail Mix
- (store-bought or made with made with dried fruits, nuts and seeds)
- Popcorn
- Pretzels
- Whole Grain Crackers
- Nuts/Nut Butters
- Fresh Fruit/Canned Fruit/
 - **Dried Fruit**
- Canned or Pouched Tuna/
- Chicken/Salmon
- Whole Grain Bread/
- **Bagels/Tortillas**
- Granola/Granola Bars
- Energy and/or protein bars



A college student's lifestyle is extremely busy. And when you're a student athlete things can get overwhelming fast. In just one day, a student-athlete can go from classes, tutoring, and homework to training, recovery, and film sessions. And, between all of that, comes the importance of eating for optimal performance.

Most athletes benefit from eating 5-6 times per day, and that's hard to do if you rely on the school cafeteria or restaurants alone. The dining hall isn't likely available 24/7, so you will need to keep your own food on-hand to maintain the energy required for your sport. You also need protein to maintain your muscle mass. That's why stocking your dorm room with the right foods, fluids and equipment is key to success. Use this guide to help you food shop, so you're ready to fuel properly after training (or anytime hunger hits).

Foods for your Fridge:

 Uncured Deli Meat Greek Yogurt Cups Yogurt-based drinks Hard Cheeses Cottage Cheese Hummus Salsa Raw Vegetables Vegetable or Greek yogurt dip Hard-Boiled Eggs



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Cheddar Cheese + Fruit
Nut Butter + Whole Wheat Bread + Banana Slices
Greek Yogurt + Granola + Fruit
Cheese + Whole Grain Crackers
Milk + Fruit Cup
Cottage Cheese + Natural Peanut Butter
Deli Meat Wrap with Cheese
Hummus + Pretzels
Cheese Quesadilla (shredded cheese + tortilla in microwave)

Fluids to keep on hand:

- Water
- Milk

- Chocolate Milk
- Unsweetened Teas
- Sports Beverages
- Unsweetened Coffee/Decaf Coffee

These food and fluid combinations can be consumed between your trips to the school cafeteria, or restaurants. You can also pack them in your backpack to eat between classes when time is tight, or during long classes.



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