

Performance Fuel for Your Dorm Room

By: Allison Kreimeier, MS, RD, CSSD



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



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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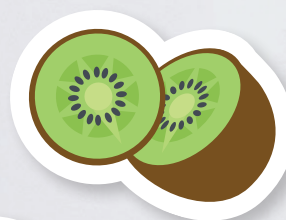
Powerful Refuel Pairings:

- 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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