

**Table 1. Nutrient-Dense Food Recommendations**

Choose This	Instead of This	Nutrition Benefit
100% whole grains such as cereals, brown rice, bread, crackers, pasta)	White, processed grains, baked goods, cookies, cakes, croissants, muffins	More B vitamins, iron, magnesium, and zinc; less fat, saturated fat, <i>trans</i> fat, sodium
Beverage: water, natural sparkling water, 100% fresh juice, unsweetened green tea	Powdered juice or ready-to-drink juice drink, soda, energy drinks, sweet tea	Less added sugar and caffeine; more vitamins and minerals in fruit juice
Fresh, frozen, canned unsweetened fruit	Canned or frozen fruit with syrup, dyes, artificial colors/flavors; fruit-flavored frozen pops, candy, or treats	Less added sugar; more vitamins, fiber, minerals
Fresh, frozen, canned low-sodium vegetables	Canned or frozen vegetables with sauce, cheese, or in cream sauces and creamed soups	Less sodium, saturated fat, cholesterol

*Here is a great excerpt from Dorfman, (2014) on choosing healthier options.*

### Meal and snack examples

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Breakfast- Banana and whole wheat toast with peanut butter

Lunch- Ham and cheese on whole wheat bread with an apple

Dinner- Microwave rice, chicken strips and microwaved bag of veggies.

Breakfast- Cereal (small containers of milk fit perfectly in a mini fridge!)

Lunch- chicken sandwich

Dinner- microwave veggies, leftover rice, ham (stir it up so it's like pork fried rice!)

With this- Think of all the snack options you now have based on these 6 meals!

Dorfman, L. (2014). Healthful cooking at home: Performance nutrition for college athletes. National Collegiate Athletic Association.

Pg. 4



Easy meals and snacks for the  
busy college athlete

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A diet that's bad for your overall health can't be good for your performance.

-Kobe Bryant

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## Page 2- Navigating the grocery store

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- Start with the produce section and get your fruits, veggies and dips (example: hummus or salsa) in that section.
- If you want deli meat go there next and get your cheeses while you're there.
- Deli meat is not always the best option, so if you have room get a rotisserie chicken or pre cooked chicken strips.
- Get your gatorades or juices next following flow of the store
- Then your bars or cereals
- End with your sandwich bread so it doesn't get squished.

-Clark, (2011) emphasizes needing a

plan when you go into a store. They are laid out so you shop how the store wants you to shop. Their layout's goal is to get you to spend more money. So have a plan and be prepared.

Clark, N. (2011). Supermarket shopping: decisions & dilemmas. *Palaestra*, 25(4), 43+.

Pg. 2



*Wouldn't it be nice to have this as your dorm fridge? Read below to learn some tricks on getting the most out of the fridge you do have.*

## Page 3- Storing all that food

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- If you share a fridge with your roommate, the best option is to share snacks and meals. This will take up less room and you can set boundaries by serving size or portions.
- If it is not in a fridge at the store, it does not need to be in your mini fridge. For example cherry tomatoes! Keep those guys on the counter.
- Keep fruits on the top shelf closest to the freezer, those are ok if they get slightly frozen- your lettuce won't be.
- Clean your freezer!! It saves room in it will help that frost from trickling out and ruining food in the fridge.
- If there is no room on the counter- keep sealed items like your bars or rice in your sock drawer.

Pg. 3