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Body Smart Discussion: STOP BULLYING YOUR BODY
Wednesday, 9/14 @ 5-6:15pm at UA Campus Health.
(3rd Floor, SW corner, Room B307) FREE! Snacks
provided. Call (520) 621-4550 for more info.

Bear Down and Stock Up... on Good Food for Your Room

Now that you are away from home, it's time to take charge of your life, right? At the top of the list is deciding what to eat: a never-ending question. While there are many good choices around campus, your shelves and mini-frig can be full of tasty food that is good for you and won't pack on the pounds. Starting with our top 20 below will give you a lot of combinations for breakfasts, lunches, light dinners, and snacks. For even more options, check out "Good Food for Your Room" at health.arizona.edu/handouts.

1. Cherry tomatoes
2. Baby carrots
3. Vegetable soups
4. Salsa
5. Marinara sauce
6. Fruit (fresh, canned, dried, or frozen)
7. Oatmeal, Raisin Bran or Cheerios
8. Instant Brown Rice
9. 100% whole grain Bread, tortillas, crackers
10. Popcorn
11. Low fat/fat free regular, almond, soy or rice milk

12. Yogurt or cottage cheese
13. String cheese
14. Canned tuna, salmon, or chicken
15. Eggs
16. Canned beans (any kind)
17. Nuts and seeds (all)
18. Any nut butter (peanut, almond, cashew, etc.)
19. Honey, garlic powder, cinnamon, salt, pepper
20. Coffee/tea

Quick and easy combos:

- Mix soup with beans or chicken, add rice.
- Add cereal and fruit to yogurt
- Top toast with cottage cheese, fruit, and cinnamon
- Tuna and crackers with cherry tomatoes
- Honey, peanut butter, and banana sandwich
- Combine Cheerios, nuts, and dried fruit for a quick trail mix
- Melt cheese on a tortilla or whole grain bread and dip in salsa or marinara sauce



CAMPUS HEALTH

NutriNews is written by Gale Welter Coleman, MS, RDN, CEDRD, CSSD, Sarah Marrs, RDN, and Christy Wilson, RDN, Nutrition Counselors at the UA Campus Health Service.

Food and nutrition services (including healthy eating, cooking skills, weight management, digestive problems, hormonal and cardiovascular diseases, and eating disorders) are offered year-round at Campus Health. Call (520) 621-6483 to make an appointment.