

Healthy Eating Tips for Students



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There are many pros to living on campus: newfound independence! making new friends! joining clubs! walking to class in PJs! to name just a few. Unfortunately for students everywhere, the dining hall, is rarely on that list. Whether your meal plan runs out before the end of the semester or the cafeteria has limited options, it's pretty likely that at some point, your on-campus food options will have you looking for something quick like a late-night pizza or fast food. That's why we put together this recipe book with students like you in mind--when you're energized and healthy you'll perform better in your classes, save money, and just feel better overall

The CDC dietary guidelines for 2015-2020 state, "All forms of foods, including fresh, canned, dried, and frozen, can be included in healthy eating patterns."¹ Whether you are getting fresh fruit from the dining hall or stockpiling canned veggies in your dorm room, there are multiple ways to maintain a balanced diet while living on campus. Fill your mini-fridge with easy grab-n-go items and you'll always have something on hand. Here are a few examples:

- Cheese: String, slices, triangles, or even rounds, the options are endless. Put it on crackers, pair with fruit or pop it in your mouth.
- Hard-boiled eggs: slice 'em up and put 'em on top of cooked ramen
- Pre-washed and pre-cut veggies like carrots or celery
- Your favorite yogurt (personally we're fans of Greek)
- Fruit: throw washed grapes in the freezer for bite-sized popsicles
- Tortilla chips and salsa or guacamole
- Nuts and nut butters for spreading (or, let's be honest, eating straight out of the jar)
- and Popcorn: air popped or microwaved, sweet or salty, the options here are almost endless

Feeling hungry? And maybe a little adventurous? Check out these 5 easy recipes that you can make right in your dorm room.

¹ U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015–2020 Dietary Guidelines for Americans. 8th Edition. December 2015. Available at <http://health.gov/dietaryguidelines/2015/guidelines/>.

Vegan “Tuna” Salad

By: Amy Katz of Veggies Save the Day

You can make this Vegan Tuna Salad ahead of time to enjoy for lunches throughout the week. Serve it on a bed of mixed salad greens, on a sandwich, or with brown rice crackers. Feel free to add other ingredients such as chopped carrots, bell peppers, or olives.

Prep Time 15 minutes

Total Time 15 minutes

Servings 5

Ingredients

2 cans garbanzo beans (chickpeas) (3 cups) rinsed and drained

2 tbsp mayonnaise (vegan)

1 tbsp prepared yellow mustard

2 tbsp sweet pickle relish

1 tbsp jarred capers chopped

1/2 cup celery chopped

Instructions

In a medium bowl, add the garbanzo beans (chickpeas), vegan mayo, and mustard. Mash with a potato masher or the back of a fork until the bean mixture is partially smooth with some chunks. (Or use a food processor and the pulse function.)

Add the rest of the ingredients to the bowl and mix until combined.

Eat it immediately or keep it in the fridge until you're ready for it.



Calories: 207kcal | Carbohydrates: 27g | Protein: 9g
Fat: 7g | Sodium: 670mg | Potassium: 287mg | Fiber: 8g
Sugar: 1g | Vitamin A: 2.9% | Vitamin C: 0.6%
Calcium: 6.7% | Iron: 12.9%

Spinach Feta Mashed Potatoes

By: [Beth Moncel of Budget Bytes](#)

Dress up basic mashed potatoes with a little spinach, feta, and garlic. These Spinach and Feta Mashed Potatoes are versatile enough for any meal.

Prep Time 20 mins

Cook Time 8 mins

Total Time 28 mins

Servings: 6 (about 1 cup each)

Ingredients

2 russet potatoes (about 2.5 lbs.)

3 tbsp butter

1/4 tsp garlic powder

1/2 tsp salt

Freshly cracked pepper

1/4 cup milk

2 cups (packed) fresh spinach

2 oz crumbled feta

Instructions

Wash the potatoes well, then prick the skin several times with a fork. Place the potatoes on a microwave safe plate and microwave on high for 5 minutes. Pierce the potatoes in the center with a fork to test for doneness. If they still feel crunchy in the center, microwave longer, one minute at a time, until they are tender in the middle (mine took about 8 minutes).

Let the potatoes cool for just a few minutes. Slice the potatoes into several pieces to make them easier to mash, then transfer to a large bowl. Add the butter, garlic powder, salt, some freshly cracked pepper, and milk. Mash the potatoes until the butter is melted and the seasonings are evenly distributed.

Add the fresh spinach and stir it into the potatoes. Allow the residual heat of the potatoes to partially wilt the spinach. Leaving the spinach only partially wilted gives the potatoes more texture and volume.

Finally, crumble the feta cheese over top and fold it into the potatoes. Taste the potatoes and adjust the salt, pepper, or butter if needed.

Notes: Frozen spinach can be used for this recipe, although it will produce a different texture in the final product. Thaw the frozen spinach, then squeeze out as much moisture as possible before stirring it into the mashed and seasoned potatoes.



Calories: 108kcal | Total Carbohydrates: 12g | Fat: 8g
Protein: 4g | Sodium: 285mg | Sugar: 1g

Taco in a Bag

By: Betty Crocker

Prep Time 5 min

Total Time 5 min

Servings 1

Need a fun snack or light meal idea? Enjoy these 5-minute Mexican-style microwaved ground-beef-and-cheese-blend topped nacho-flavored tortilla chips.

Ingredients

1/4 cup refrigerated taco sauce with seasoned ground beef (from 18-oz container)

1 bag (1 oz) nacho-flavored tortilla chips

2 tbsp finely shredded Mexican cheese blend

2 tbsp shredded lettuce

Instructions

In small microwavable bowl, microwave ground beef on High 30 seconds or until thoroughly heated. Squeeze bag of chips to crush slightly.

Cut bag of chips open along top; hold open. Top chips with warm ground beef; mix with fork. Top with cheese, lettuce and if desired, other taco toppings. Eat directly from bag.



Calories: 270kcal | Calories from Fat: 140kcal
Total Fat: 15g | Saturated Fat: 5g | Trans Fat: 1/2g
Cholesterol: 25mg | Sodium: 660mg | Potassium: 190mg
Total Carbohydrates: 23g | Dietary Fiber: 1g | Sugars: 3g
Protein: 11g | Vitamin A: 6% | Vitamin C: 0%
Calcium: 8% | Iron: 10%

Macaroni and Cheese in a Mug

By: Chef Gemma Stafford
of Bigger Bolder Baking

Prep Time 5 mins

Cook Time 5 mins

Total Time 10 mins

Servings: 1

Ingredients

1/3 cup (28g/1oz) pasta

3/4 cup (175ml/6fl oz) water, cold

4 tbsp milk

1/4 tsp cornstarch (aka corn flour)

4 tbsp cheddar cheese, grated

salt and pepper

Instructions

In a large microwavable mug or large bowl add in the macaroni and the water. You need a large mug as the water will boil up.

Microwave for roughly 3 1/2 minutes. You want the pasta to be fully cooked. (Timing is based on my 1200W microwave so your timing might vary.)

Pour off the remaining cooking water.

Stir in the milk, cornstarch and shredded cheese and microwave for a final 60 seconds to create your sauce. Stir well, season with salt and pepper and enjoy.

Recipe Notes: Cooking time will vary greatly depending on your microwave and the width and depth of your mug. Always keep a close eye on your mug while in the microwave so it doesn't over flow or over cook.



Calories: 222kcal | Total Carbohydrates: 27g | Fat: 3g
Protein: 7g | Sodium: 176mg | Sugar: 4g

Strawberry Poptart in a Mug

By: Chef Gemma Stafford
of Bigger Bolder Baking

Prep Time 5 mins

Cook Time 1 min

Total Time 6 mins

Servings: 1 serving

Ingredients

1 tbsp (½ oz/15g) butter, room temperature

1 tbsp icing sugar

2 tbsp milk

4 tbsp all-purpose flour

1 tbsp strawberry jam

Icing

Sprinkles

Instructions

In a microwavable mug mix the butter and sugar together.

Stir in flour and milk and mix until all ingredients are fully combined.

Make a well in the batter and spoon in the jam. Gently smooth the batter over the jam so there is none peeking out.

Microwave for 45-60 seconds, or until firm to the touch. (Times here are based on a 1200w microwave, your time may vary depending on your wattage)

Set it aside to cool. Spoon over some icing and then--of course--decorate it with sprinkles!



Calories: 310kcal | Calories from Fat: 117kcal
Total Fat 13g | Saturated Fat: 8g | Cholesterol: 39mg
Sodium 247mg | Total Carbohydrates: 47g
Sugar: 22g | Protein: 4g