EATING IN RESIDENCE

Living in residence can be challenging for an athlete when it comes to maintaining healthy habits. Use some of the tips below to navigate the cafeteria and keep your body fueled effectively.

Healthy Habits

- **Ensure you are getting enough sleep** - poor sleeping habits can affect your training and performance and increase feelings of hunger
- **Always carry a water bottle** to avoid reaching for sugary drinks when you get thirsty
- **Pack healthy snacks** to avoid buying unhealthy alternatives when you get hungry during the day
- **Be mindful of portions sizes**, and keep in mind your nutrition goals – too many or too few calories can result in unwanted changes to your body composition

Cafeteria Suggestions

<table>
<thead>
<tr>
<th></th>
<th>Choose More Often</th>
<th>Choose Less Often</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td></td>
<td>Eggs with whole grain bagel or toast and peanut or nut butter</td>
<td>Bacon/sausage/hash browns</td>
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<td>Special K, Rice Krispies, Muesli</td>
<td>Fruit loops, Corn pops, Frosted Flakes etc.</td>
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<td>Whole fruits (e.g. bananas, apples, oranges, kiwi)</td>
<td>Fruit with syrup, concentrated fruit juice</td>
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<td></td>
<td>Oatmeal with nuts and fruit</td>
<td>Croissants, pastries, sweetened breads</td>
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<td></td>
<td>Yogurt and granola or parfait</td>
<td>Pancakes/ fried waffles</td>
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<tr>
<td><strong>Lunch/Dinner</strong></td>
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<td>Whole wheat pasta with tomato sauce</td>
<td>White pasta, cream sauces</td>
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<td>Green salad with vegetables, grilled chicken/fish, oil-based dressing (Italian, balsamic etc)</td>
<td>Fried/breaded meats, Caesar salad, cream-based dressings</td>
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<td></td>
<td>Plain baked potato</td>
<td>Loaded baked potato (sour cream, cheese, gravy etc)</td>
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<td></td>
<td>Vegetable or meat sandwich/wrap on whole wheat bread/tortilla</td>
<td>Caesar wraps</td>
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<td>Grilled chicken/ tofu, brown rice, steamed vegetables</td>
<td>Hamburger with fries</td>
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Dorm Room Snacking

If you have access to a fridge or microwave in your dorm, you can prepare some light meals and snacks with a little planning. Some easy things to keep in your dorm include...

- Trail mix
- Almonds
- Plain or Greek Yogurt
- Frozen meals (be careful! Look for meals that are lower in trans fats, sugar and sodium)
- Whole grain crackers
- Peanut butter
- Low-fat cheese, or babybel
- Fruits (bananas, apples, etc.)
- Lightly seasoned popcorn
- Pretzels
- Sliced meats

Muffin in a Mug

If you have access to some pantry basics, this muffin in a mug is a quick and easy snack.

Ingredients:
- 1/4 cup flour
- 1 tbsp brown sugar
- 1/4 tsp baking powder
- pinch of salt
- pinch of cinnamon
- 1/2 tbsp butter
- 2 tbsp milk
- 1-2 tbsp frozen blueberries

Directions:
1. In a microwave safe mug, stir together all the dry ingredients.
2. Add the butter, and knead with your fingers until there are minimal lumps.
3. Mix the milk into the mug mixture, adding a little more if the batter is too dry. Stir in the blueberries
4. Microwave on high for about 1.5 minutes.

Adapted from BudgetBytes.com

Yogurt Parfait

Parfaits are a great way to get some fruits, dairy, and fiber into your day - try out different fruits of yogurts to make it a different snack every time!

Ingredients:
- 1/2 cup plain yogurt
- 1/4 cup granola
- 1/2 cup your favourite fruit (raspberries, blueberries, etc.)
- 1/2 tbsp honey

Directions:
1. Spoon some yogurt into the bottom of your bowl. Drizzle some honey on top of yogurt.
2. Spoon some granola on top of the yogurt, followed by berries.
3. Repeat steps 1 and 2 to create three layers of yogurt, granola, and fruit.