9. Salsa  A fresh salsa with tomatoes, jalapenos, cilantro, and onions is a fun and yummy way to incorporate veggies into your diet. Pair low-sodium salsas with a small serving of whole-grain tortilla chips or raw veggies.

10. Fruit juice  Fruit juice is a great vitamin-packed option, but be sure to pay attention to the amount of sugar added in and the portion size. Check the Nutrition Facts label before buying!

Food Safety Reminders

- When you open a container of food, try to use it within a week! Check the expiration date on the container for a more accurate guideline.
- If you bring dinner leftovers back to your room, refrigerate them and eat within 3 days.
- Fruits and vegetables are usually good for about a week after their purchase date. If it looks or smells funny, don’t chance it! Throw it away!

University of Dayton Dining Services

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Information obtained from choosemyplate.gov
Do you find yourself feeling guilty about snacking in your dorm room? Load up on healthy, guilt-free snacks! Here are 10 healthy foods that make a perfect study break snack:

1. **Low-fat cheese** This is an easy snack that will keep you feeling full longer. Try low-fat string cheese or pairing cheese with crackers. You can even add some to your omelets for a well-rounded breakfast.

2. **Vegetables** Slice up your veggies ahead of time for a quick and easy snack. Try pairing them with low-fat dips, hummus, or peanut butter.

3. **Fruit** Whole fruits are a great snack to have between classes. Fresh, frozen, dried, and canned fruits all count.

4. **Water** It is important to stay hydrated, so keep water in your mini-fridge for a refreshing drink. Throw a lemon or cucumber slice in for some added flavor.

5. **Nuts and nut butters** These will last longer when stored in the fridge. Try almonds, walnuts, and peanuts. Peanut butter and almond butter are delicious on apple slices or whole grain toast.

6. **Eggs** Did you know you can make scrambled eggs in the microwave? Toss in some veggies and low-fat cheese for more flavor!

7. **Milk and yogurt** Fat-free or low-fat milk can be added to oatmeal and cereals for a nutritious breakfast. Low-fat or Greek yogurt are great to mix with fruits, nuts, and granola.

8. **Hummus** Hummus can be paired with almost anything! Try dipping veggies and whole wheat pita bread in hummus.