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10/8: Food blog: Five foods for a College Student



Food

By Jennifer Brown/Online reporter

A college student living away from home may find it difficult to eat healthy on campus. With only a refrigerator in their room, it can be hard to store food without freezing. However, there are options in which college students can get the healthy nutrition they need on a day-to-day basis.

1. Cereal

Cereal can become a better morning start over pop tarts or granola bars. Cereal contains grains, vitamins and minerals whereas pop tarts contain sugar. Too much sugar in a diet can make you tired during the day. Click [here](#) for more on cereal.

2. Microwave Meals

These can be high in sodium, but they often contain more than one food group. They also have ones that are healthier than others without the expense of the cost.

3. Produce

Bananas and apples are only two of the delicious fruits that may be enjoyed in a dorm. With some fruits, it's better to buy them only days before you eat them, especially if you have a mini-fridge. Strawberries are a fruit with probably the most vitamins, including vitamin C.

4. Yogurt

The yogurt shakes are ideal for students that are on-the-go in the morning. With so many varieties to choose from, there has to be one that you'll like. Click [here](#) for more on yogurt.

5. Ice Cream

Ben & Jerry's will always be popular among college students. It's one of those snacks that can almost make a bad day seem better. Click [here](#) for more on Ben & Jerry's.

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One Response to "10/8: Food blog: Five foods for a College Student"

Anonymous Says:

[March 25th, 2010 at 1:42 pm](#)

I wished to get a chat proceeding about this matter. Might anyone broaden on just what anyone wrote about here?

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