

Dorm Room Cooking

Sick of the cafeteria food but don't have an oven? No worries you can still make a healthy easy meal with a few ingredients and a microwave.

Chicken and Spinach Pasta with Sun-Dried Tomatoes

Serving Size = 1 cup; makes 4 servings

- 1/4 C sun-dried tomatoes packed in oil
- 2 1/2 C cooked whole wheat penne pasta
- 1 C pre-cooked chicken
- 1/2 C fat-free caesar salad dressing
- 1/4 C grated fresh parmesan cheese
- 1 package frozen spinach

Drain the tomatoes in a colander over a bowl, reserve 1 tbs oil. Combine the tomatoes, oil, pasta, and the rest of the ingredients in a bowl. Mix together. Enjoy!

Microwave on High for 3-5 minutes.

Healthy Tip: Add broccoli, peppers or other frozen vegetables to provide more vitamins and minerals!



Nutrition Facts per serving: Calories 240g, Fat 4.2g, Protein 16.5g, Carbohydrates 34.4g, Fiber 3.9g.

Recipe from: <http://healthd.tamu.edu/microwave%20recipes.htm>

What about Exercise?

Most common reason why college students don't work out. NO time with all that homework

Here is an easy 6 minute workout that will allow you to burn calories with just a short study break.

This program consists of four exercises each done 3 times with only 10 seconds of rest in between.

- Push-ups: as many as possible for 20 seconds. Knee push-up for beginners. Rest & repeat.
- Immediately following do squats making sure toes don't go over knees. Do as many as you can for 20 seconds. Rest & repeat.
- Follow with crunches. Do as many as you can in 20 seconds. Remember not to pull on your neck when you are lifting your head. Rest & repeat.
- Finish with jumping jacks. Do as many as possible in 20 seconds as fast as you can! Rest & repeat.

Congratulations you just got your heart rate up and still have time to finish your homework!

The Smart Student's Guide to Healthy College Eating



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Daily Serving Checklist

3-5 servings Vegetables

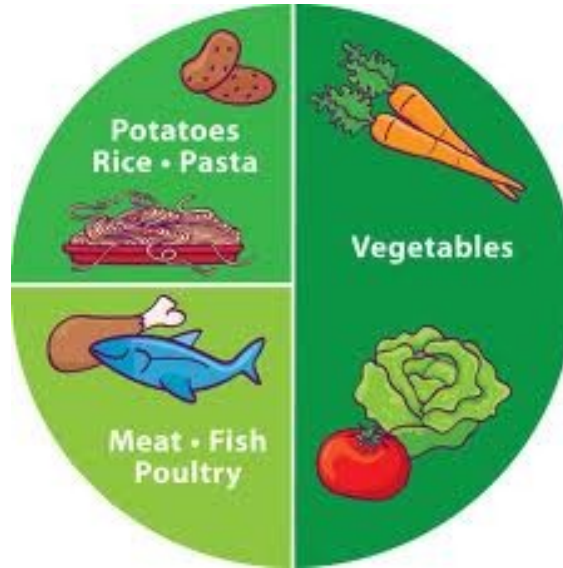
3-4 servings of Fruit

6 servings of Whole grains

3 low fat Dairy products

3-6 oz of Lean meat

This is what your cafeteria plate should look like...



The Plate Rule: The more **COLORFUL** your plate is the healthier it is!

Have you gotten your daily servings of fruits, veggies, whole grains, dairy, lean meat AND exercise???

Use the Daily Serving Checklist and write down what you ate today to make sure your eating a well balanced diet. Check it off if you have eaten the recommended servings!!

The A, B, C's of Cafeteria Choices.

There is SO much food to pick from at the cafeteria. The following is a list of healthy and not so healthy options. Test yourself a see how many **A** foods you consume in one day!



Choose daily

Veggie omelet
Whole grain cereal with skim milk
Grilled chicken
Shrimp, veggies & brown rice
Eggplant Parmesan
Three bean salad



Choose 2-3 x week

Pancakes or waffles w/o syrup
Hash browns
Clam chowder
Barbecue Pork
Taco salad
White pasta with red sauces



Choose 1 x week

Muffins
Bacon
Chicken nuggets
Mac & cheese
Calzones & Breaded fish

Exercise