



DARTMOUTH

# DORM SNACKS

Having a variety of snacks on hand is very important. If you're ever feeling hungry between class or before bed, having snacks handy can be really helpful. Its always good to pair a **protein and carbohydrate** together for **satiety and to regulate your blood glucose levels**. This means you'll have a consistent source of energy throughout the day so you don't feel fatigued.

*A mini fridge and/or microwave in your dorm can help increase your snack options as well*

1 Apple + Peanut Butter



2 Raisins + Almonds

3 Crackers + Cheese



4 Carrots + Hummus



5 Berries + Cottage Cheese



6 Oatmeal + Cow/Soy Milk



7 Grapes + String Cheese



8 English Muffin + Nut Butter



9 Granola + Greek Yogurt



10 Rice + Beans



These are just some examples of easy snacks to keep on hand, there are many other options to choose from!

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