After introducing MyPlate in June 2011, USDA provided a series of one-page fact sheets to help consumers use the dietary advice of the Dietary Guidelines 2010. The USDA added new fact sheets in December 2011 and continued adding fact sheets in 2012, 2013, and 2014. These fact sheets are distributed by UF/IFAS Extension for Extension faculty, health professionals, and consumers.

This fact sheet is Mini-Fridge Makeover, and it can be found on the following page.
mini-fridge makeover

10 healthy choices to keep in your dorm mini-fridge*

Stock your dorm-room fridge with a variety of healthy foods. That way, when you need a quick breakfast or study snack, you’ll have plenty of options on hand.

1. low-fat cheese
Pair 1 slice cheese with 100% whole-grain bread for an easy snack or munch on a cheese stick for a quick bite between classes. Low-fat cheeses can even be used when making omelets and quesadillas in your dorm microwave!

2. vegetables
Pre-washed and pre-cut varieties are convenient for quick snacks and meals. Try incorporating green, red, orange, and yellow vegetables into your diet. Pair veggies with your favorite dips, such as carrots with hummus or celery with peanut butter. Add them to omelets and quesadillas.

3. fruit
Remember that fresh, frozen, dried, and canned fruits all count. Just watch out for varieties with added sugars or syrups. Add a tablespoon of raisins or dried apricots to your morning oatmeal or yogurt and grab an apple for a natural source of energy during a late night study break.

4. water
Keep water in your fridge. Investing in a water-filter pitcher is a great way to store water in your dorm room. Drinking water instead of sugary drinks is a healthy choice.

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

6. eggs
Eggs in a dorm room? If you have a refrigerator, yes! Use a microwave safe bowl or mug to scramble eggs for a quick, convenient breakfast or snack. Toss in raw veggies and a tablespoon of cheese for added flavor!

7. milk and yogurt
Fat-free (skim) or low-fat milk can be added to oatmeal or whole-grain cereals for a filling, nutritious breakfast. Individual containers of low-fat yogurt or low-fat Greek yogurt are convenient and portable. Mix yogurt with fruit and nuts for an energizing breakfast or top with a few chocolate chips and cinnamon for a healthy dessert.

8. hummus
Hummus can be paired with almost anything! Enjoy dipping red pepper slices, carrots, or other raw veggies into this delicious dip. Spread hummus onto a whole-wheat pita with tomatoes and cucumbers for an easy, nutritious lunch.

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. use the Nutrition Facts label
Use the Nutrition Facts label to choose beverages and foods at the store. The label contains information about total sugars, fats, and calories. Reading the Nutrition Facts labels on packaged foods can help you make better choices.

* Refrigerators should be set to maintain a temperature of 40 °F or below. Keep an appliance thermometer in the refrigerator to monitor the temperature.

Go to www.choosemyplate.gov for more information.