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# Rookie Guide to a Cheap, Healthy Diet By Tom Thornton

ollege is expensive, especially when trying to keep healthy. Often, Macaroni and Cheese and variety packs of Potato Chips seem like the better option. But keep in mind, staying on top of your nutrition can help control your weight, give you more energy throughout the day, and keep your heart healthy. Stick to these top ten dorm-room staples and you can hopefully combat the Freshman Fifteen, and not break the bank.

### **Oatmeal**

You can throw oatmeal together with virtually anything. Add in some fresh fruit and protein powder for a great breakfast, or top some Greek yogurt for some added creaminess as a snack. High in fiber, oatmeal is sure to keep you full until lunch and be easy on the waistline.

### **Nut Butter**

To name a few, this includes: almond butter, pistachio butter, peanut butter, pecan butter, etc. Pair it with fruit, bread, or crackers, and turn this into a snack or a meal. Nut butter is high in healthy fats and protein, and will curb those cravings for a while.

### Beans

Throw them in soup, salad, or just eat them alone, because beans are a great addition to any meal. Their rich fiber content can aid in filling you up faster, and carry you well into your next meal.

### **Nuts and Seeds**

With their wide variety and healthy fat content, they make for a great addition to salads, yogurts, or oatmeal. They are great for getting essential amino acids and protein for a quick snack.

### Olive Oil

This is a great way to add a bit of flavor to anything you want. It's a much healthier alternative to standard cooking oils because of its monounsaturated fatty acids (MUFAs), which are considered a healthy dietary fat, making it a great option to cook with.



### **Sweet Potatoes**

Take a fork to them and throw them in the microwave, and you have a great snack or healthy take on a baked potato. They have numerous health benefits like being a great source of Vitamin A and C, and are sure to make a tasty addition to any meal.

# **Boxed and Canned Soup**

Soups come in a variety of flavors and types and can be easily thrown together in a crunch. Whatever variety you decide to purchase, storing them is a breeze. When picking out a quick, microwavable kind off the shelf, opt for one with a green lid, they're healthier!

# Honey

Use this as an alternative to refined sugar. Packed with antioxidants, honey is sure to curb your sweet tooth while introducing many different health boosters, like increasing your overall energy or reducing allergy symptoms.

### Tea

Great as an alternative to sugar-rich caffeine boosters, tea is a jack-of-all-trades. You're bound to find a tea to aid any health ailments you may run into. There are also many varieties of herbal teas to speed up the healing from after a cold, headache, or sore throat.

# Spices of any Variety

The key to a great meal is experimenting with spice and finding the right spice through that experimentation. A simple combination of your favorite spices can take your meals from elementary to a culinary masterpiece. You're sure to impress with a few of these in your meal prep. Not sure where to start? Try adding rosemary or thyme to add some flavor to a simple side of mashed potatoes!

