



EATING 101

RU DINING HEALTHY?

WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between RU Dining Services and the Institute for Food, Nutrition, and Health



Build-a-Bowl

Does your normal dinner plate seem a little *flat*? Fear not, the Healthy Dining Team is here to help you *lift* up your plate into an Instagram-able creation. Whether it be breakfast, lunch, dinner or dessert, the options are endless when it comes to building your own well-balanced bowl.

Unbelieva-bowl Base

Behind every successful bowl is a base that supports it. Pick one that is nutrient dense to get the most bang for your base. Savory or sweet, you are in for a treat!

- ✓ Brown rice
- ✓ Quinoa
- ✓ Mixed greens
- ✓ Oatmeal
- ✓ Greek yogurt



Protein Pack

Not only will your bowl compliment your trendy Instagram feed, it will also fill you up. Add any of these proteins to your bowl and *voilà*.

- ✓ Grilled chicken
- ✓ Salmon
- ✓ Tofu
- ✓ Beans
- ✓ Egg
- ✓ Assorted nuts/seeds

Some Pep in Your Step

No Regina George, butter is not a carb. However, healthy sources of carbs to top your bowl include fruits and vegetables found in the dining halls.

- ✓ Seasonal vegetables such as: Brussels sprouts, squash, and cauliflower
- ✓ Seasonal fruits such as: Apples, grapes and pears

It's Okay Guac, I'm Extra Too

Sometimes being a little extra is okay. Don't hesitate to add a healthy source of fat to your bowl-the dining hall won't charge extra.

- ✓ Guacamole
- ✓ Olives
- ✓ Peanut Butter
- ✓ Granola



Don't stop bowl-ieving

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References:

<http://menuportal.dining.rutgers.edu/foodpro/location.asp>. Accessed on: 8 October 2017

Questions? Follow us on Facebook (RU Healthy Dining Team), Twitter (@RUHDT), Instagram (@RU_HDT), SnapChat (RU_HDT) or e-mail us at peggyp@dining.rutgers.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at <http://food.rutgers.edu>