



EATING 101

RU DINING HEALTHY?

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

Chocolate: Love found in a heart-shaped box

As *Chocolate Fantasy Night* approaches in the dining halls on February 13th, you may have some heart-felt questions. Why am I single on Valentine's day? Why don't we give out V-Day cards like we did in Elementary school? Should I ditch my New Year's resolution and eat my body weight in chocolate? While we cannot answer all of your questions, rest assured that it is possible to enjoy *some* chocolate on this love-filled holiday. So, whether you celebrate Valentine's Day or Galentine's Day, pick a chocolate below for some V-Day variety.

A healthier alternative to chocolates with fruit fillings would be the real thing! Head over to the chocolate fountain and drizzle some chocolate over your favorite fresh fruits.

Did you know, some dark chocolate does not contain dairy? A dairy free alternative to a milk chocolate caramel chew can be dark chocolate covered nuts.

In the mid-19th century, on Feb 14th, people expressed their affection by exchanging chocolate due to its reputation for having aphrodisiac powers.

White chocolate may not be as sweet as it tastes. This imposter is a blend of cocoa butter and sugar, which often contains higher levels of saturated fat compared to dark chocolate.

Make your sweet treat last by practicing mindful eating. Enjoy chocolate in moderation by having 1 or 2 pieces, instead of clearing out a box in one sitting.

Don't go breaking my (chocolate) heart

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References: *Chocolate: Pros and cons of this sweet treat*. Available at: <https://www.health.harvard.edu/heart-health/chocolate-pros-and-cons-of-this-sweet-treat> Accessed on: January 3, 2018. In *Chocolate, More Cocoa Means Higher Antioxidant Capacity*. Available at: <https://www.ars.usda.gov/news-events/news/research-news/2005/in-chocolate-more-cocoa-means-higher-antioxidant-capacity/> Accessed on: January 6, 2018. *How Chocolate Became a Sweet (But Not So Innocent) Consort to Valentine's Day*. Available at: <https://www.npr.org/sections/thesalt/2017/02/14/514565105/chocolate-love-s-sweet-but-not-necessarily-innocent-consort> Accessed on: January 6, 2018.

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