



EATING 101 RU DINING HEALTHY?



A 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

How to get a 4.0 in *Eating 101*

Will the year ahead be a nutritional success or a dietary failure? The choices you make in the dining halls can be the determining factor. Rutgers Dining Services provides a buffet style service to satisfy a variety of palates and special dietary needs. While there is a wide variety of a food available, you do not have to sample *everything* to get your *swipe's* worth of food.

To start planning your healthy and nutritionally sound meal, check the menu ahead of time by opening the **Rutgers University app**. You can also visit the dining website: **food.rutgers.edu** where you can check off the food choices you are considering, and then select “create nutrition report” to access the nutrient analysis. This simple tool can be used as a guide to balance your meals and overall intake.

***Eating 101* G.P.A. boosters**

- Opt for meats or poultry items that are baked, broiled, or grilled instead of fried or breaded.
- Select water or fat-free milk as a beverage. Limit soda, sweetened teas, fruit drinks, and juice. They contain excess sugar, which adds empty calories. Each cup of soda, sweetened tea, or juice adds approximately 100 calories to your meal.
- Limit your portion size of foods with cheese sauces, cream sauces, dressings, or gravies as these contribute extra calories.
- Choose low calorie condiments such as vinegar, mustard, lemon juice, or hummus instead of mayonnaise, butter, or cream cheese. These can add approximately 100 extra calories to your meal with just one tablespoon.
- Add a nutritional punch to your dessert by topping frozen yogurt with sliced fruit or nuts. Frozen yogurt in moderation is low in fat.
- Focus on choosing whole grains, legumes, vegetables, and fruit, which will add beneficial fiber to your diet. Most college students consume less than the recommended 5 cups of fruits and vegetables combined per day, so start off the semester on the right foot by defying this statistic.



Head to the dining hall for an easy way to get an 'A'!

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References: *What Are Empty Calories?* Available at: <http://www.choosemyplate.gov/weight-management-calories/calories/empty-calories.html> Accessed on: August 4, 2016. *Food Groups Overview*. Available at: <http://www.choosemyplate.gov/food-groups/>. Accessed on: August 4, 2016. *College students not eating enough fruits and vegetables: study*. Available at: <http://www.independent.co.uk/life-style/health-and-families/college-students-not-eating-enough-fruits-and-vegetables-study-2340412.html>. Accessed on: August 4, 2016. *Food-A-Pedia*. Available at: <https://www.supertracker.usda.gov/> Accessed on August 4, 2016.

Questions? Post on our Facebook (**RU Healthy Dining Team**), Twitter (**@RUHDT**), Instagram (**@RU_HDT**), SnapChat (**RU_HDT**) or e-mail us at peggyp@dining.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>.