



# 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*

## How to get a 4.0 in *Eating 101*

Will the year ahead be a nutritional success or a dietary failure? You decide! The choices you make in the dining halls everyday can be the determining factor. Rutgers Dining Services provides all you care to eat dining halls to satisfy a variety of palates and foods to match dietary restrictions. There is a wide variety of food available, but you do not have to pile your plate with *everything* to get your swipe's worth.

To start planning your healthy and balanced meal, check out the menu and nutritional information on the **Rutgers University app** or on the dining website: **food.rutgers.edu**. You can check off the food choices you are considering, and then select "create nutrition report" to access the nutrient analysis. Try using this simple tool as a guide to balance your meals and overall nutrient intake.

### ***Eating 101* G.P.A. Boosters**

- **Drink healthy.** Limit soda, sweetened teas, fruit drinks, and juice. They contain excess sugar, which contribute to empty calories. Check out the filtered water dispensers in each dining hall for ambient, cold, or carbonated water choices. For a burst of flavor, add a squeeze of lemon or slices of your favorite fruit.
- **Think produce first.** Choose whole, fresh fruits and pile up the leafy greens. Half of your plate should consist of fruits and vegetables.
- **Make whole grains the new norm.** Whole grain bread, brown rice, oats, and quinoa are examples of whole grains which provide you with energy and ample fiber. Limit processed white bread and refined flour products.
- **Strive towards plant based.** Choose legumes or tofu as your plant-based protein and limit the amount of red meat you eat to cut back on saturated fat.
- **Go good fat, not low fat.** Unsaturated fats found in plant oils, nuts, and avocados are part of a nutritionally balanced diet. Eat fatty fish, such as salmon, once or twice a week for a healthy dose of omega-3 fatty acids.
- **Cut the salt.** Add flavor to your meal with herbs and spices instead of reaching for the saltshaker.
- **Reduce added sugar.** For a more nutrient dense dessert that is still delicious, try topping a half cup of plain yogurt with sliced fruit and nuts.



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

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*More Key Topics*. Available at: <https://www.myplate.gov/eat-healthy/more-key-topics> Accessed on: April 27, 2023. *Menus of Change*. Available at <http://food.rutgers.edu/menusofchange/> Accessed on April 27, 2023.

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