



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 triumph or a dietary disaster? The choice is yours! Every day, the decisions you make in dining facilities can play a crucial role. Rutgers Dining Services offers some all-you-care-to-eat dining halls, catering to diverse palates and accommodating dietary restrictions. While there's an abundance of food available, you don't have to overload your plate to get the most out of your swipe.

To kick off planning your healthy and balanced meals, check out the menus and nutritional information on the myRutgers app or the dining website (food.rutgers.edu). You can mark off the food options you are considering, then select "create nutrition report" to see a detailed nutrient breakdown. Utilize this convenient tool as a guide to ensure balanced meals and meet your overall nutritional needs.

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

- **Drink healthy.** Limit soda, sweetened teas, fruit drinks, and juice. These beverages contain excessive sugar, contributing to empty calories. Explore the filtered water dispensers in each dining hall for ambient, cold, or carbonated water options. Add a squeeze of lemon or fruit slices to water for a refreshing twist.
- **Think produce first.** Choose whole, fresh fruits and load up on leafy greens. Fruits and vegetables should fill half of your plate.
- **Make whole grains the new norm.** Whole grain bread, brown rice, oats, and quinoa are examples of whole grains that provide energy and abundant fiber. Reduce your intake of processed white bread and refined flour products.
- **Strive towards plant-based options.** Select legumes or tofu as plant-based proteins and limit red meat to decrease saturated fat intake.
- **Go good fat, not low fat.** Unsaturated fats found in plant oils, nuts, and avocados are essential for a balanced diet. Enjoy fatty fish, such as salmon, once or twice a week for a healthy dose of omega-3 fatty acids.
- **Cut back on salt.** Enhance the flavor of your meals with herbs and spices instead of relying on the saltshaker.
- **Reduce added sugar.** For a nutritious and delicious dessert, 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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References: *Principles of Healthy, Sustainable Menus*. Available at: <https://www.menusofchange.org/principles-of-healthy-sustainable-menus>

Accessed on: July 31, 2024. *What Is MyPlate?* Available at: <https://www.myplate.gov/eat-healthy/what-is-myplate>. Accessed on: July 31, 2024. *More*

Key Topics. Available at: <https://www.myplate.gov/eat-healthy/more-key-topics>

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