



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 of Food, Nutrition, and Health

How to get a 4.0 in *Eating 101*

Each new semester is a chance to reset your habits, including how you eat. What you choose in the dining hall often shapes whether your meals feel balanced or chaotic. Rutgers Dining offers a wide variety of all-you-care-to-eat options for different tastes and dietary needs; there's no need to overload your plate to get value from 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 select the foods you are thinking about eating and use the "Nutrition Calculator" feature to see a full nutrient breakdown for an entire meal.

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

Sip Smarter: Avoid the sugar crash by skipping sodas and sweetened teas. Instead, hit the filtered water stations for chilled or sparkling water, even adding a slice of lemon or cucumber for a natural flavor boost.

Think Produce First: Build a colorful plate. Prioritizing fresh, whole food ensures you get the diverse nutrients your body needs to thrive.

Prioritize Whole Grains: Swap white bread and rice for oats, quinoa, or brown rice. The extra fiber provides the steady energy needed to power through a long day of classes.

Lean Into Plant Proteins: Swapping meat for legumes or tofu offers multiple health benefits and is better for the environment. It is an easy way to cut saturated fat while still hitting your protein goals.

Choose Healthy Fats: Focus on "good" fats from plant oils, nuts, and avocados. Try to eat fatty fish, like salmon, twice a week for an essential brain-health boost.

Spice It Up (Minus Salt): Reach for herbs and spices instead of the saltshaker to enhance flavor without extra sodium.

Rethink Your Sweet Tooth: Skip the processed desserts and try plain yogurt topped with fruit and nuts. You will get the sweetness you crave with a nutrient boost.

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



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Reviewed by: Dr. Peggy Policastro, RDN-Dining Services References: *Principles of Healthy, Sustainable Menus*. Available at: <https://www.menusofchange.org/principles-of-healthy-sustainable-menus> Accessed on: April 11, 2026. *New Pyramid* Available at: <https://realfood.gov>. Accessed on: April 11, 2026. *Rutgers Dining Services*. Available at: <https://food.rutgers.edu>. Accessed on: April 11, 2026.



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