

EATING 101

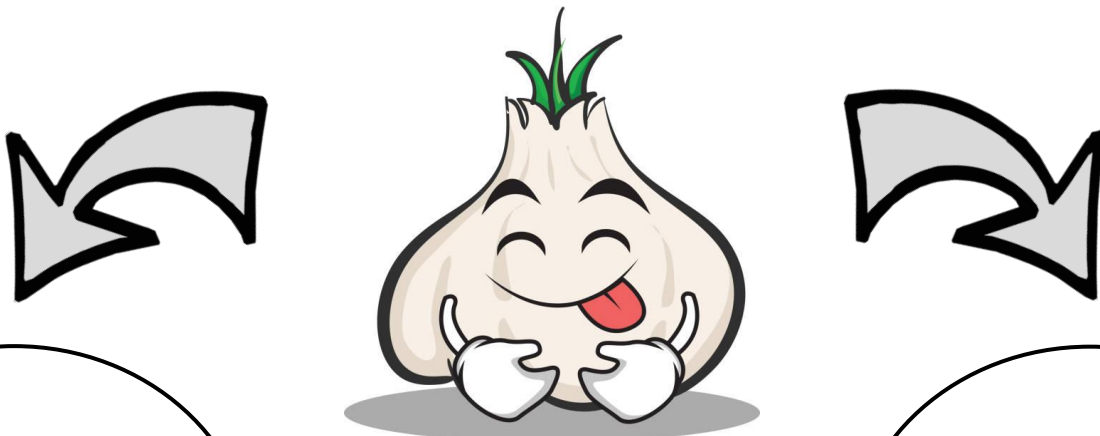
RU DINING HEALTHY?

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

Garlic: Nature's Brightest Bulb

Garlic is a food of legends, supposedly capable of providing protection against everything from the common cold to heart disease – not to mention vampires and werewolves. Tall tales aside, studies show garlic can act as a pre-biotic fiber source and an important flavor factor when seasoning your meals. Garlic contains the fiber, inulin, a prebiotic that feeds the good bacteria in our guts. Our microbiome benefits from garlic and so do many of our meals. Roasted garlic has a soft, sweet buttery flavor that improves the taste of many dishes without increasing salt content. Try these tips in the dining hall to enjoy the taste of garlic while simultaneously reaping the health benefits.



In the cook-to-order stir-fry station, ask for your ingredients to be cooked with garlic. Go further and top off your stir-fry with the garlic sesame sauce.

Try sprinkling some garlic powder on your pasta or pizza. Cut back on the salt and double the amount of garlic – a healthier and more flavorful spice than plain salt.

Keep an eye out for foods in the entree line that feature garlic, such as falafel with garlic tahini sauce or garlicky zucchini and yellow squash sauté.

From the Rutgers Healthy Dining Team, with “clove”.

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References: *Dietary Fiber: An Update on Fiber*. Available at: <https://www.todaysdietitian.com/newarchives/AS20p24.shtml> . Accessed on:

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