



# 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

## March is National Nutrition Month®

Celebrate National Nutrition Month by **Fueling for the Future!**

The goal of National Nutrition Month is to take the month of March to learn about making informed choices regarding food and physical activity habits. This year we are *Fueling for the Future* by putting the focus on practicing sustainability to properly nourish ourselves while also protecting our environment. Try to introduce some of the tips below into your routine and make sure to attend the dining hall events highlighted in red!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Start your month with <b>breakfast</b> : include a protein, whole grain, and fruit 	2 Benefit your body and planet by enjoying a <b>plant-based protein</b> such as tofu or beans	3 Practice <b>sustainable</b> food habits: take only what you plan on eating at the dining hall	4 March <i>fourth</i> and <b>try</b> a new nutritious food or flavor at the dining hall
5 Pack a snack like <b>trail mix</b> with walnuts for brain power in class 	6 <b>Season</b> your meals with herbs & spices instead of salt 	7 <b>HDT Booth "Herbs &amp; Spices"</b> [Neilson] 12pm-2pm [Busch] 6pm-8pm	8 <b>HDT Booth "Herbs &amp; Spices"</b> [Brower] 12pm-2pm	9 <b>HDT Booth "Herbs &amp; Spices"</b> [LDC] 6pm-8pm	10 Make <b>avocado toast</b> for a snack with fiber and healthy fats 	11 Start Spring Break by taking a break from <b>red meat</b>
12 Eat seafood such as <b>salmon or tuna</b> twice a week for healthy omega-3 fatty acids 	13 Enjoy the break from school stress and take a walk outside your neighborhood	14 Read about Rutgers Dining's <b>sustainability</b> practices at <a href="http://food.rutgers.edu">food.rutgers.edu</a>	15 <b>National Registered Dietitian Day</b> : thank your local RDN for all their hard work	16 Fill <b>half</b> of your plate with fruits and veggies 	17 Dip veggies in <b>hummus</b> for a crunchy snack with a boost of protein and fiber 	18 Get your <b>green</b> on: try a green smoothie or hearty salad
19 Avoid food waste: get creative with your <b>leftovers</b> by making a stir-fry with your leftover vegetables	20 Pick up a garlic focused <b>newsletter</b> at the dining hall to learn more about garlic's beneficial qualities	21 <b>Scarlet Chef Competition</b> [Brower] 12pm-2pm Show off your cooking skills!	22 <b>Exercise</b> more: get off the bus a stop early and walk the rest of the way	23 Kick your <b>oatmeal</b> up a notch by adding berries and nuts 	24 Pack a <b>banana</b> in your bag for a snack between classes 	25 <b>Follow</b> RU Healthy Dining Team on Facebook and @ru_hdt on Instagram 
26 Stay hydrated: Make sure you are drinking 8 cups of water today	27 Read our Food Waste newsletter in the dining halls to learn more about the impact of <b>food waste</b>	28 <b>Scarlet Chef Competition</b> [LDC] 12pm-2pm Show off your cooking skills!	29 Try a new meal from <b>Harvest</b> in the IFNH (meal swipes now accepted) 	30 Attend the <b>Evening of Healthy Indulgences</b> , a special dinner event in the dining halls	31 Keep up healthful habits and <b>eat with the environment in mind</b> all year! 	

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References: National Nutrition Month: 20 Health Tips. Available at: <https://www.logan.edu/national-nutrition-month-20-health-tips/>. Accessed on February 1, 2023.



Dining Services

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