



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

You Wanna Pizza Me?

Any way you *slice* it, pizza is one of the most popular and ubiquitous foods around campus- and for good reason! Along with being a convenient comfort food for students on the go, pizza provides a carbohydrate rich starting point when building your plate. Although the carbohydrates in pizza will provide you with ample short-term energy, adding fiber and protein rich foods to your plate will help create a more nutritionally balanced meal. Try pairing a slice of pizza with a half plate of vegetables like salad topped with grilled chicken or chickpeas to fill in those nutrient gaps. Come with us on a culinary tour to discover where you can use your meal swipes to enjoy pizza in a balanced way.

Cook-Douglass

Swing by **Neilson Dining Hall** and pair a melty, gooey slice with a crisp and refreshing creation from the endless combinations at the salad bar. You can also visit **Red Pine Pizza** in the Douglass Student Center, where you can take your slice and sides on the go.

Check out **Pi Pizza**, located at The Atrium in the lower level of the College Avenue Student Center. A swipe will cover a generous traditional or vegan personal pizza, and a side of a fresh fruit cup or a whole piece of fruit.

Busch

Take some time to unwind at **Busch Dining Hall**, where pizza is always on the lunch and dinner menu. Try making a DIY Greek salad pizza by topping a slice of plain cheese pizza with romaine lettuce, olives, tomatoes, sliced cucumbers, and a drizzle of Italian dressing.

If you're livin' it up at Livi, stop by **Livingston Dining Commons**. Try topping your pie with sauteed broccoli or roasted veggies from the deli station. Need a break from studying? Head into the Livingston Student Center to grab a slice and a salad at **Sbarro**.

College Ave

Livingston

I was going to make another pizza joke, but it was too cheesy

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References: *Rutgers Dining Services: Places to Eat*. Available at: <http://food.rutgers.edu/places-to-eat/>. Accessed on September 25th, 2023.

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