



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

Fall Into Seasonal Eating

Apples and Brussels and kale, oh my! Fall is here, so break out your favorite sweaters, grab something pumpkin spiced, and take advantage of this season's freshly harvested fruits and vegetables. Seasonal produce is purchased and consumed around the same time it is harvested and can be more nutritionally dense and flavorful than its off-season counterparts. When grown during their natural growing season, fruits and vegetables are less reliant on chemicals that harm our Earth, making them a more sustainable choice. *Trick or treat* yourself by following the tips below on how to incorporate these autumnal offerings into your meals within the dining hall.



Apples are a good source of dietary fiber, which aids with our digestion and overall gut health. Slice up an apple to add to your morning bowl of oatmeal or grab one to snack on later in the day. The dining halls often offer a variety of apples, each providing a unique flavor and texture, so try a few different apple varieties to find your favorite.



Sweet potatoes are a versatile complex carbohydrate that can be prepared in many ways – mashed, baked, or stewed in soups. Make your fall sweet by sprinkling some cinnamon on your baked sweet potato. In the mood for fries? Try sweet potato fries to satisfy your cravings while getting a powerful punch of vitamin A.



Brussels sprouts may have been *spooky* when you were younger, but this close cousin to broccoli might become your new fall favorite. Roasting Brussels sprouts brings out their natural sweetness and reduces the bitterness these tiny cabbages are known for. When available, diversify your diet by adding roasted Brussels sprouts to your meal at the dining hall.



Kale is an excellent source of vitamin C, an antioxidant that helps support our immune systems throughout the cold and flu season. You can find this dark leafy green in the dining hall in composed salads, soups, and sautéed. Had Popeye sampled kale when it was in season, he might have traded in his spinach!

Autumn? More like Aut-“yum”.

Revised by: Emily Razak

Reviewed by: Dr. Peggy Policastro, RDN-Dining Services/IFNH

References: *Why Eat Seasonally?* Available at: <https://www.seasonalfoodguide.org/why-eat-seasonally> Accessed on:

3/21/2023. *Apples* Available at: <https://www.hsph.harvard.edu/nutritionsource/food-features/apples/> Accessed on:

3/28/2023. *Sweet Potato: Is it Really a Superfood?* Available at: <https://thehealthsciencesacademy.org/sweet-potato-is-it-really-a-superfood/> Accessed on: 3/28/2023. *Brussels Sprouts* Available at:

<https://www.hsph.harvard.edu/nutritionsource/food-features/brussels-sprouts/> Accessed on: 3/28/2023. *Kale: Discover the*

'secret powers' of this superfood Available at: [https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-](https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-many-types-and-health-benefits-of-kale)

[health/the-many-types-and-health-benefits-of-kale](https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-many-types-and-health-benefits-of-kale) Accessed on: 3/28/2023.

RUTGERS
Student Affairs

Dining Services

 / @rutgersdining
food.rutgers.edu

Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Instagram (@ru_hdt), or email nutrition@dining.rutgers.edu.