



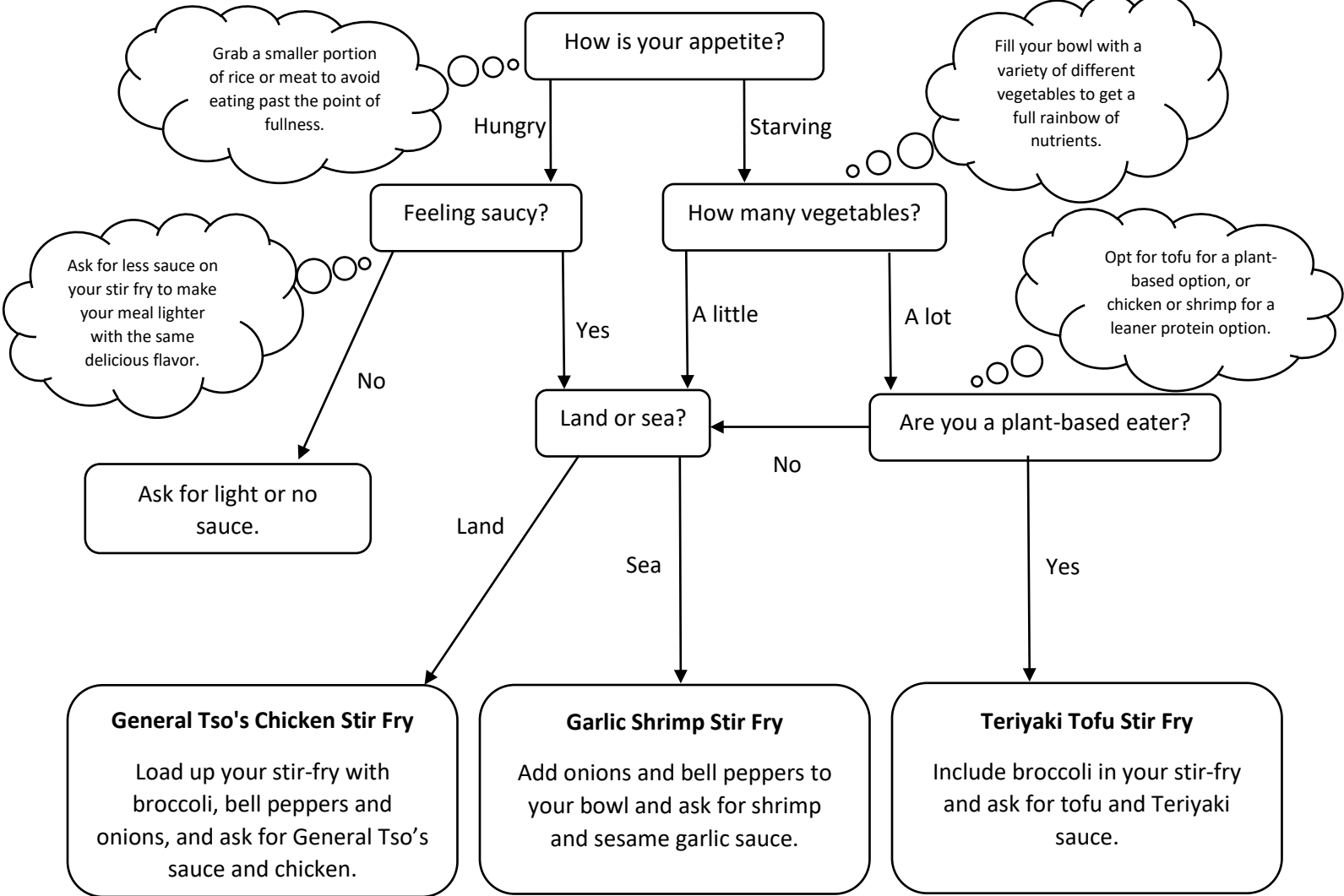
# EATING 101 RU DINING HEALTHY?



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

## Your Guide to Stir-Fry

Imagine this: You enter the dining hall doors and begin to peruse the stations of food, wondering what your next meal will be. You then smell the delicious scent of savory soy sauce garlic glaze and tangy sweet and sour sauce wafting from the stir-fry station. Alas, there are so many choices... How will you ever figure out how to create the perfect meal? The Healthy Dining Team is here to help. Follow the flow of the chart below to decide which stir-fry to try!



*Eating healthy is a wok in the park.*

Authored By : Rachel Ho

Reviewed By: Peggy Policastro, RDN-Dining Service/IFNH

Works Cited: *Eat the Rainbow for National Fruits & Veggies Month*. Available at: <http://www.gleanersnutritionhub.org/blog/eat-the-rainbow-for-national-fruits-veggies-month>. Accessed on: 12/08/22. *Mindfulness + Simple Portion Size Tips for Better Eating*. Available at: <https://www.healthyeating.org/blog/detail/what-is-a-portion-size#:~:text=By%20swapping%20to%20smaller%20sized.Eat%20slowly>. *Protein Foods*. Available at: <https://www.myplate.gov/eat-healthy/protein-foods>. Accessed on: 12/08/22. *Embracing a plant-based diet*. Available at: <https://news.stanford.edu/report/2021/05/06/embracing-plant-based-diet/>. Accessed on: 12/08/22. <http://food.rutgers.edu> Accessed on 1/23/23.

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