



# 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



## Asian-Inspired Dining: A Pho-cused Look at Culture

Asian Americans represent a vibrant mix of cultures, countries, and cultural traditions, each with its own delicious spin. Common food items in Asian cuisine include high intake of plant-based protein sources, unsweetened tea, and a high volume of fruits and vegetables, all of which are excellent for promoting sustained energy and cardiovascular health. Rutgers Dining offers a taste of Asian-inspired cuisine, so the Healthy Dining Team is keeping it *rice and easy* to help you explore the foundations of a traditional Asian diet and what makes their eating practices unique.

**Slow Your Roll:** In Asian culture, taking time to eat is emphasized over multitasking. The intention is to savor flavors and listen to your body's fullness cues.

**Drink Tea and Water:** Water is a smart sip, but green tea is both tasty and offers potential health perks, making it a *brewtiful* choice.

**Peas, Love, & Veggies:** Instead of meat, veggies take center stage in many Asian cuisines and may offer a range of health benefits, such as antioxidants, fiber, and numerous vitamins.



**Keep Calm and Curry On (By Staying Active):** Incorporating physical activity, such as yoga, may help build strength and flexibility.

**Meals are Better When We Wok Together:** Gather around the table, ditch the distractions and your phone, and enjoy the flavors and the people you are sharing it with.



Try these Asian-Inspired cuisines in Rutgers Dining Halls:

- Sushi at Busch Dining Hall and the Atrium
- Basmati and Jasmine rice
- Sweet and sour tofu
- Kung pao chicken
- Stir fry



### Taste the Tradition

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