



# 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

### Avocado: From Pit to Plate

Move over butter. There is a new spread in town, and it is doing way more for your body than just tasting good. Do not let its dark, bumpy exterior fool you. This oval wonder hides a silky, emerald-green interior that is pure health. The avocado is a creamy delight, famous for its dense concentration of "good fats"- the heart-healthy monounsaturated kind that diligently works to elevate your beneficial cholesterol and maintain a healthy body weight. Below is the Healthy Dining Team's guide to the do's and don'ts of enjoying avocado like a pro:

AvocaDO	AvocaDON'T
<p><b>DO</b> make sure to pair a quarter of a sliced avocado with a piece of whole-wheat toast and a hard-boiled egg for a quick, easy, and balanced breakfast.</p>	<p><b>DON'T</b> take it upon yourself to eat an entire bowl of guacamole on Taco Tuesday. Remember to keep all fats in moderation to support a healthy diet and overall caloric intake.</p>
<p><b>DO</b> swap mayo with mashed avocado when making a sandwich. Making the switch from saturated fat to the monounsaturated fat found in avocados may help with weight loss and maintenance, as well as an increase in overall physical energy.</p>	<p><b>DON'T</b> limit your monounsaturated fat consumption to only avocados. Expand your palate by topping off a fresh salad with a drizzle of olive oil and pumpkin or sunflower seeds for a variety of benefits from flavorful fats.</p>
<p><b>DO</b> make your own guacamole using ingredients from the dining facilities. Head over to the cantina, grab some avocado mash, and add diced onions, tomato, jalapenos, and lime for a boost of flavor.</p>	<p><b>DON'T</b> mistake a soft avocado for a rotten one. A soft outside does not always mean the inside will be inedible. Most of the time, a soft avocado is a ripe avocado, ready to be enjoyed.</p>

Not sure if that avocado is ripe? Look for a very dark green exterior, a slightly give when you gently press it in the palm of your hand, and a stem that pops off easily. Master these simple tips and you will always slice into avocado perfection.

### Let's Guac and Roll!

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References: Avocados Available at: <https://nutritionsource.hspf.harvard.edu/avocados/> Accessed October 23, 2025. Hass Avocado Composition and Potential Health Effects Available at: <https://pmc.ncbi.nlm.nih.gov/articles/PMC3664913/> Accessed October 23, 2025. Monosaturated Fats Available at: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/fats/monounsaturated-fats> Accessed October 23, 2025. Avocado nutrition: Health benefits and easy recipes Available at <https://www.health.harvard.edu/nutrition/avocado-nutrition-health-benefits-and-easy-recipes> Accessed November 8, 2025. Monounsaturated fat vs Saturated Fat: Effects on Cardio-Metabolic Health and Obesity Available at: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9312452/> Accessed November 12, 2025.

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