

# 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



### Bite Me: From Hangry to Happy

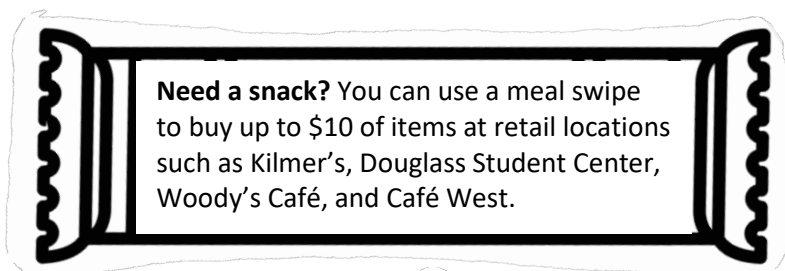
Are you really yourself when you are hungry? Feeling irritable or moody due to hunger, often called being “hangry”, is something many of us experience. But have you ever considered how your diet affects these hunger-fueled emotions? Imagine this: you miss the last LX, your stomach is growling, and you are at the end of your rope, feeling “berry” upset. It’s easy to blame your surroundings for your bad mood, but understanding why you feel this way *and how to prevent it with the right foods* can improve your mood and energy levels. Read on to learn more about the science behind “hanger” and discover tips on how to avoid these feelings.



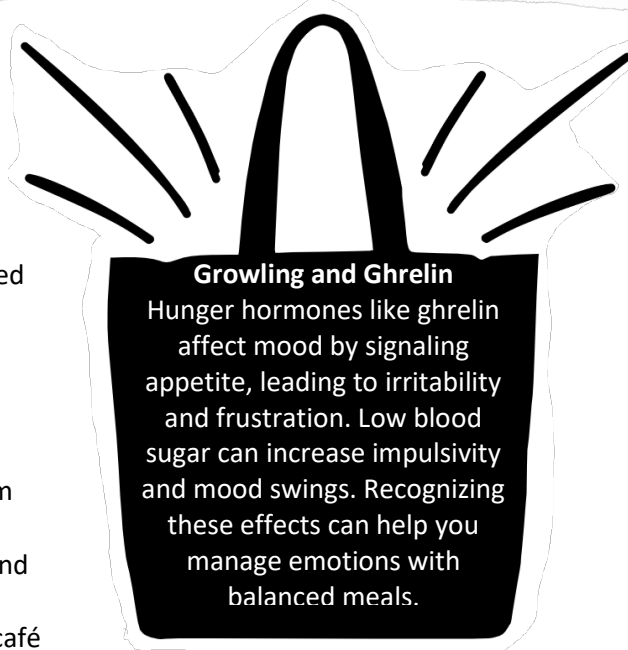
#### Tame Your Hanger

To stay energized for classes and studying, fuel your body with balanced meals featuring lean proteins, whole grains, healthy fats, and plenty of vegetables and fruit. For quick, satisfying options, try:

- A bagel with egg instead of cream cheese from DC Bagels
- Freshly tossed salads with fruit and protein from Kilmer’s Market
- A green smoothie from Harvest café



**Need a snack?** You can use a meal swipe to buy up to \$10 of items at retail locations such as Kilmer’s, Douglass Student Center, Woody’s Café, and Café West.



#### Growling and Ghrelin

Hunger hormones like ghrelin affect mood by signaling appetite, leading to irritability and frustration. Low blood sugar can increase impulsivity and mood swings. Recognizing these effects can help you manage emotions with balanced meals.



#### Grab and Go!

Try saving these items for later to keep hunger at bay

- Pick two hand fruits like apples, bananas, or oranges from the dining hall to enjoy on the go.
- Grab a sandwich with a protein bar for Woody’s Café to keep for later when you need a boost.
- Save a granola bar, yogurt parfait, or other whole-grain side from Café West for a quick snack later.

*Don’t let your hunger turn you into a grump-kin!*

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References: *Food and Mood: Is the concept of ‘Hangry’ Real?* Available at: <https://www.nutritional-psychology.org/food-and-mood-is-the-concept-of-hangry-real/> Accessed on: 3/17/24. *Feeling hangry? When hunger is conceptualized as emotion.* Available at: <https://pubmed.ncbi.nlm.nih.gov/29888934/> Accessed on: 3/17/24.