



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

Broth and Beyond

When the weather outside turns frigid and unforgiving, there is nothing quite as comforting as sipping a piping-hot bowl of soup. Soup-er news: these cozy classics pack a surprising amount of nourishment from proteins to nutrient-packed veggies, making them an easy way to fuel and warm your body. Simmer down and ladle up while the Healthy Dining Team serves up the latest scoop that will keep you cozy and ready to take on a wintry trek to class.

Protein-Packed Bean and Lentil Soups

This un-bean-lievably satisfying choice, packed with beans and lentils, brings the bean-a-fits of fiber, plant-based protein, and complex carbohydrates. All help to keep you full and maintain energy levels throughout the day.

Simply Veggie

Broth-based vegetable soups help keep you hydrated and offer a warm, colorful alternative to a salad. Veggie soups are comforting yet nutrient-packed, making them a good choice for days when you want something light and hydrating.

Chicken Noodle Soup for the Soul

This classic comfort is perfect for when you are feeling congested. The steamy broth can help thin mucus, the chicken adds protein, and the noodles provide carbohydrates for energy. Together, they make a deliciously balanced meal in a bowl.

Rutgers' Noodle Bar

Rutgers' Noodle Bar is your go-to spot for a bowl made your way. Choose your broth, grab your favorite noodles (rice, wheat, soba, etc.), and load up on the veggies and proteins you love for a slurp-worthy creation that is all you.

Winter is Cold, but Rutgers' Soup Game is Bold

Reviewed by: Candace Johnson

Reviewed by: Alison Brown MS, RDN-Rutgers Dining Services

References: *Can Chicken Noodle Soup Really Cure My Cold?* Available at: <https://thocc.org/about/news-press/news-detail?articleId=66932&publicid=395>. Accessed on: January 30, 2026. *Beans, Peas, and Lentils: Health Benefits*. Available at: <https://edis.ifas.ufl.edu/publication/FS229>. Accessed on: January 30, 2026. *Vegetable Soups and Creams: Raw Materials, Processing, Health Benefits, and Innovation Trends*. Available at: <https://pmc.ncbi.nlm.nih.gov/articles/PMC7764940/>. Accessed on: January 29, 2026. *Soup up your meals*. Available at: <https://www.health.harvard.edu/nutrition/soup-up-your-meals>. Accessed on: January 29, 2026.