



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between RU Dining Services and the New Jersey Institute for Food, Nutrition, and Health



Build-A-Burrito

Burritos: wrapped, rolled, and ready to fuel your day. Tucked into one warm tortilla or wrap, it has endless potential: protein, veggies, grains, and bold flavors all in one handheld bite. The beauty of a burrito lies not in its deliciousness and satisfaction, but in its *unburrito-ble* versatility. The Healthy Dining Team has you covered when it comes to making a burrito your go-to choice for a balanced meal.

Burrito Backbone	Dining Hall Options:
A burrito is only as strong as its wrap. The tortilla or wrap serves as the burrito’s backbone, providing essential structure and varying nutrients based on your selection. For instance, whole-wheat wraps are higher in fiber and more satiating than standard white flour tortillas. Fortunately, the dining halls are stocked with a variety of wraps to suit all your burrito-building needs.	<ul style="list-style-type: none"> - The Classic Flour or Corn Tortilla - Hearty Whole Wheat Wrap - Savory Garlic Pesto Wrap - Vibrant Red Pepper Wrap - Zesty Southwest Wrap - Fresh Spinach Wrap - Bright Tomato Wrap
Prioritize the Protein Every great burrito starts with a satisfying protein. While your go-to might be chicken or beef, consider adding beans to the mix. Just 1/2 cup of black beans provides 8 grams of protein and approximately 25% of the daily recommended fiber intake, with no saturated fat. Both plant-based eaters and meat-eaters can reap the benefits of including beans in their burritos.	<ul style="list-style-type: none"> - Southwest Chicken - Spiced Ground Beef - Pulled Pork - Seasoned Red or Black Beans - Teriyaki Glazed Tofu - Tempeh - Scrambled or hard-boiled eggs
Fortify the Fillings Elevate your burrito with a vibrant array of vegetables to boost both flavor and nourishment. Vegetables are an excellent source of essential vitamins and dietary fiber; by incorporating a variety of colors, you ensure a well-rounded mix of nutrients. If your burrito looks like a rainbow, you are doing it right	<ul style="list-style-type: none"> - Shredded Lettuce - Diced Onions - Red or Green Bell Peppers - Sweet Corn - Diced Tomatoes - Avocado Mash

There is no single way to “build-a-burrito.” Woke up craving something hearty? Head to the omelet station, create a veggie egg scramble, layer it with cheese, and wrap it up for your very own breakfast burrito. Or, if you are tired of wrestling with your wrap, try swapping it for a base of crisp lettuce or brown rice to create a burrito bowl instead. No matter how you build it, every journey ends in burrito bliss.

When do they smother a burrito in cheese? In the best queso scenario.

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References: *What’s On the Menu?* Available at: <https://food.rutgers.edu/> Accessed on: February 23, 2026 *Whole Wheat Tortillas*, Available at: <https://spendsmart.extension.iastate.edu/pantry-picks/whole-wheat-tortillas/> Accessed on: February 23, 2026. *Why beans are nature’s perfect food.* Available at: <https://www.uclahealth.org/news/article/why-beans-are-natures-perfect-food> Accessed on: February 26, 2026



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