

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

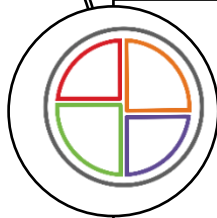
Check in with Chicken

Chicken has been a u-beak-quitous part of the human diet for over 400 years, as it is a delectable canvas for an array of different dishes and flavors. Whether it's grilled on top of a salad, inside of a sandwich, or alongside your favorite stir-fry ingredients, chicken is a reliable source of high-quality protein within Rutgers dining facilities. If you choose to eat poultry, keep reading below to see how chicken can be part of a healthy and balanced diet.

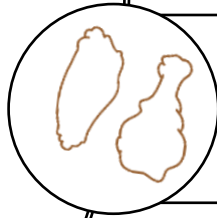
Fun Fact:
Chickens, a relative of Tyrannosaurus Rex, have been around for more than 5,000 years!



Chicken is a more sustainable source of animal protein compared to red meat, such as beef. Less agricultural resources are used and less greenhouse gasses are emitted for poultry than beef.



Most Americans meet the MyPlate protein guidelines, which recommends filling about ¼ of your plate, or the size of the palm of your hand, with a lean protein. Chicken is an excellent source of lean protein. To have a balanced meal, do not forget to make half your plate with fruits and vegetables and a quarter plate of whole grains.



It is important to note that not all parts of the chicken have the same nutrient content. Dark meat cuts of chicken, such as the thigh, may contain slightly more vitamins and minerals than its white meat counterparts. However, dark meat also contains about two times the amount of saturated fat.



Good news for chicken lovers: Chicken is a versatile protein option that can meet many dietary restrictions. The dining halls and The Atrium offers certified Halal grilled chicken breast at the serving stations. Grilled chicken breast, found in Rutgers dining halls, is free of the top nine allergies, making it a safe option for many dietary restrictions.

Your taste in food is im-peck-able.

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Works Cited: *Nutrition & Health*. Available at: <https://www.nationalchickencouncil.org/policy/nutrition-health/>. Accessed on 11/01/23. *Protein*. <https://www.myplate.gov/eat-healthy/what-is-myplate>. Accessed on 11/01/23. *Dietary Guidelines for Americans, 2020-2025*. Available at: https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf. Accessed on 11/01/23. *Protein Scorecard*. Available at: <https://www.wri.org/data/protein-scorecard>. Accessed on 12/13/23. *Chicken Facts*. Available at: <https://www.worldanimalprotection.ca/education/animal-facts/chicken-facts>. Accessed on 12/13/23.

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