



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



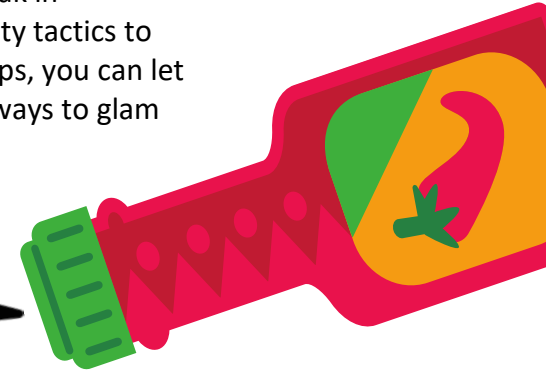
Saucin' It Up with Condiments

Condiments are like the life of the party in any dish, bringing that extra zest, spice, or sweetness that takes flavors up a notch. But let's face it, they often sneak in unwanted guests—extra calories, fats, and sugars. Luckily, there are tasty tactics to keep the flavor without the extras tagging along. With a few clever swaps, you can let your dishes shine and keep things deliciously light! Read below to find ways to glam up your grub in the Rutgers Dining Facilities with these tantalizing tips.

Entice Me with Spicy

Are you looking to add fire to your meal?

The dining halls offer a variety of spicy additions such as Sriracha sauce, red pepper flakes, and jalapeños. Try adding any of these to your sandwich, stir fry, or pasta instead of the usual high-sodium suspects such as soy sauce, teriyaki, or buffalo sauce.



Swapping that Topping

Let me fill you in on a saucy secret! While ketchup is popular on burgers and fries, it often contains added sugars. Try to add nutrient-rich toppings like hummus or guac, and dip fries in low-calorie options like vinegar, salsa, or siracha for extra flavor.

Citrus Spark

Trade out the heavy dressing for a light vinaigrette or get creative and make your own. Mix olive oil with a squeeze of lemon juice for a bright, citrusy kick, or add a splash of your favorite vinegar for even more depth of flavor.



Turn Up the Taste

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References: *7 ways to Enhance the Flavor of Your Meals* Available at <https://www.eatright.org/food/food-preparation/cooking-tips/enhancing-the-flavor-of-your-meals> Accessed on: 11/03/24. *How much sugar, salt and fat are in your sauces?* Available at: <https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/sugar-salt-and-fat/sauces-oooh-saucy> Accessed on: 11/03/24.



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