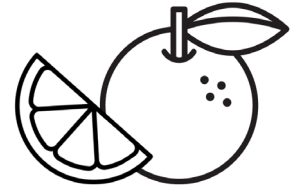




EATING 101

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

The Dermal Diet: Skin-Sational Food Choices

The skin, your body's largest organ, reflects your diet. Did you know that what you eat can directly impact your health and appearance? From hydration to glowing complexion, nutrition plays a key role. Let's explore how a skin-savvy diet can make you *glow up* from the inside out, right here in the Rutgers dining halls.

Acne Prevention

To support the condition of your skin, consider a diet rich in vegetables, legumes, and healthy fats, while limiting foods like meat, cheese, and alcohol. Research suggests that whey proteins found in dairy products may play a role in acne development.

- Switch up your milk choices from dairy milk to a milk alternative such as calcium fortified soy, almond, or oat milk.
- Try to limit dairy intake. Opt for choices such as fruits, vegetables, whole grains, lean proteins and healthy fats.



Protection Against Sun Damage

Vitamin C and Vitamin E are antioxidants that help protect and repair sun damage that can accelerate skin aging.

- While citrus fruits such as oranges are known for their Vitamin C content, Vitamin C can also be found in vegetables located at the salad bar, like broccoli, spinach and bell peppers.
- For a delicious boost of Vitamin E, consider adding avocado, sunflower seeds, or almonds to your meal.
- Try adding avocado spread from the cantina station to upgrade your sandwich or wrap.

Healthy Skin Barrier

Polyunsaturated fatty acids, like omega-3s are key to maintaining a healthy skin barrier. For optimal skin health, eat a well-balanced intake of omega-3s in your diet.

- Omega-3s are found in fatty fish such as salmon or tuna, as well as in seeds such as flax seeds.
- Utilize the tuna in the salad station to create a quick and satisfying salad.

Wound Healing

Your skin is always working to protect your body from external factors. If you've ever *wound-ered* how you can support your skin's healing process, Vitamin K is known to help reduce healing time.

- Vitamin K can be obtained from green leafy vegetables, like kale, or in cruciferous vegetables such as Brussels sprouts, cabbage, and Bok choy.
- Keep an eye out for composed kale salads next time you're at the dining hall.



Fuel your skin from within.

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