

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

Fiber Maxxing

First, it was keto, then intermittent fasting, and now... fibermaxxing? Social media is overflowing with nutrition trends, but this gut-healthy movement is worth the hype. Fibermaxxing focuses on loading your plate with fibrous foods to support digestion, energy, and overall health. Because research shows most college students are not getting nearly enough fiber, the Healthy Dining Team is breaking down the facts so you can fuel smarter at every meal.

Fiber *Maxxing* Defined:

Fibermaxxing is about intentionally building higher-fiber meals. But before you double down, take note: specialists recommend ramping up your fiber intake *gradually* to keep your gut happy and avoid discomfort. Target around 30 grams per day to get the full benefits without the bloat!

Benefits:

Fiber has earned its place in the spotlight! Beyond keeping your digestion regular and your stomach feeling full, a high-fiber diet helps guard against long-term health conditions like type 2 diabetes, obesity, and specific types of cancer.

Pro Tip: Water is fiber's best friend. When ramping up your intake, aim for at least 48 oz of water a day to help your body process all that extra roughage comfortably.

Soluble vs. Insoluble Fiber: What's the Difference?

- **Soluble fiber** (oats, beans, berries, barley) slows down digestion to promote fullness and protect your heart and gut.
- **Insoluble fiber** (kale, cauliflower, nuts, potatoes) acts as an internal broom to keep your digestive tract running on schedule.

On the Menu Today!

Fuel up across campus with dining hall favorites like **Quinoa Pilaf**, **Crispy Brussels Sprouts with Balsamic Glaze**, and **Kale Ribbon Salad**. Visit food.rutgers.edu to explore more fiber-rich meals!





Your Gut Will Thank You Later!

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References: "*Is "fibermaxxing" a sound nutrition trend?".* Available at: https://www.uclahealth.org/news/article/fibermaxxing-sound-nutrition-trend. Accessed on: 08/30/26. "*Dietary Fiber: Essential for Healthy Diet."* Available at: https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/fiber/art-20043983. Accessed on: 08/30/26. "*Fiber Patterns in Young Adults…"* Available at: https://pmc.ncbi.nlm.nih.gov/articles/PMC5622790/. Accessed on: 08/30/26. Intake?" Available at: https://www.umassmed.edu/nutrition/blog/blog-posts/2022/3/so-you-want-to-increase-your-fiber-intake/. Accessed on. 09/ 07/2026.