



# 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: The Superhero of Your Diet

In the dynamic world of digestion, fiber stands tall as a dietary superhero. With a busy schedule filled with classes, studying, and socializing, it is easy to overlook your nutritional needs. Fiber, the unsung hero of digestion, can help keep you feeling full, energized, and regular. Follow the tips below to power up your fix of fiber-rich foods at the Rutgers dining facilities to give your diet a superhero boost.

#### Stay Ahead of the Grain with Fiber

To avoid digestive discomfort and promote regular bowel movements, it is important to gradually increase your fiber intake and drink plenty of water.

##### Grains:

½ cup of Raisin Bran Cereal (14 grams)

1 ounce of a whole wheat Tortillas (3 grams)

½ cup of Oatmeal (3 grams)

##### Vegetables:

1 cup Green Peas (9 grams)

½ cup Chickpeas (6 grams)

1 cup Broccoli (5 grams)

##### Fruits:

1 medium Pear (6 grams)

1 medium Apple (5 grams)

1 medium Orange (4 grams)

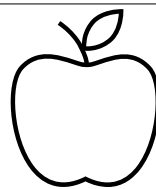
The recommended daily fiber intake is approximately 25 grams for women and 38 grams for men. Many people fall short of these goals. If you are one of them, consider increasing your fiber intake through dietary changes before resorting to supplements. Remember to eat a mixture of foods to get different forms of fiber.

Here are great dining hall options to keep things moving along—deliciously!

At the salad bar, choose a dark leafy green and sprinkle **beans** and **seeds** to top off your salad.

Try crafting a high-fiber sandwich with **whole wheat** bread or a tortilla filled with **hummus** and pairing it with an apple.

Whip up a fruit yogurt breakfast bowl with Greek yogurt, **craisins**, **granola**, and a drizzle of honey.



*Fiber is grain-tastic; let it work its power.*

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