



# 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 Department of Nutritional Sciences



### Glow up: Food-Based Beauty Hacks

Healthy foods offer remarkable benefits that extend beyond nutrition—they can be key components in your beauty regimen. With the beauty industry embracing natural and sustainable practices, common foods serve dual purposes, enhancing your appearance from the inside out. From *berry* nourishing face masks to *a-peel-ing* skin brighteners, these simple food-based beauty treatments are easy to try right in your dorm or apartment. The Healthy Dining Team is here to share some of our favorite beauty secrets!

The Food	Health Benefit	Beauty Benefits	The Natural Serum
<u>Banana Peels</u> 	Peel away the stress and let bananas nourish your skin. Banana peel contains antioxidants such as vitamin C, vitamin E, and lutein, which are known to have anti-inflammatory and hydrating properties.	Applying banana peels to skin may help make skin look healthier. Studies show the inside of a banana peel has mild exfoliating properties, helping to eliminate any dead skin cells.	<b>Hannah Banana's Face Rub</b> Gently rub the inside of a banana peel on your face for a few minutes. Leave the residue on for 10 minutes before rinsing with lukewarm water. This may help to soothe and brighten the skin.
<u>Cucumbers</u> 	Low-calorie, naturally refreshing, and intensely hydrating—it's a <i>cool</i> treat.	Cold cucumbers have a cooling effect that may help reduce eye puffiness, while the high water content hydrates the skin.	<b>Carys' Cucumber Eye Cover</b> Treat your eyes to a mini spa moment. Gently place chilled cucumber slices over your eyelids for several minutes. For an extra beauty boost, add lemon, cucumber, and your favorite fruits to your water for a refreshing <i>beauty elixir</i> to sip while you relax.
<u>Strawberries</u> 	These sweet berries, ounce for ounce, outshine citrus fruits in vitamin C content. This powerful vitamin translates to glowing skin, thanks to its collagen-boosting and sun-protecting properties.	Combine the exfoliating power of strawberries with the moisturizing benefits of honey.	<b>Candace's Calming Honey &amp; Berry Mask</b> Combine 5 mashed strawberries with 1 tablespoon of honey. Apply the mixture to your face, avoiding the eye area. Rinse mask after 15 minutes and follow with moisturizer.
<u>Avocado</u> 	This creamy fruit is not just a culinary delight; it's a biotin-rich powerhouse, potentially fueling healthier hair growth. But the magic does not stop there. Avocado oil, brimming with potassium and magnesium, works to seal cuticle cells, creating that coveted smooth, shiny, and unbreakable mane.	The natural oils in avocados penetrate the hair shaft, providing long-lasting hydration and shine.	<b>Melanie's Moisturizing Avocado Hair Mask</b> Mash 1 ripe avocado and mix with 1–2 tablespoons of honey and 3–5 tablespoons of olive oil. Apply from roots to ends, leave on for 30–60 minutes, then rinse and shampoo as usual.

*Feast your way to Flawless!*

Revised By: Holly Dorsett

References: *Fitness Expert Unpacks Health Benefits of Ashton Hall's Viral 4 am Morning Routine* Available at: <https://www.psychreg.org/fitness-expert-unpacks-health-benefits-ashton-hall-viral-morning-routine/>. Accessed on: 4/14/25. Mukherjee, P. K., Nema, N. K., Maity, N., & Sarkar, B. K. (2013). Phytochemical and therapeutic potential of cucumber. *Fitoterapia*, 84, 227–236. <https://doi.org/10.1016/j.fitote.2012.10.003>. *Easy DIY Cucumber Under-eye Masks*. Available at: <https://withsimplicitybeauty.com/blogs/withsimplicity-blog/diy-cucumber-green-tea-eye-mask> Accessed on: 4/3/25. *Strawberry Face Mask* Available at: <https://allprettybits.com/posts/strawberry-face-mask/> Accessed on 4/3/25. Gasparrini, M., et al., (2017). Strawberry-Based Cosmetic Formulations Protect Human Dermal Fibroblasts against UVA-Induced Damage. *Nutrients*, 9(6), 605. <https://doi.org/10.3390/nu9060605>. *7 Avocado Hair Masks That Nourish and Hydrate*. Available at: <https://www.healthline.com/health/avocado-hair-mask>. Accessed on: 4/3/25.

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