



EATING 101 RU DINING HEALTHY?

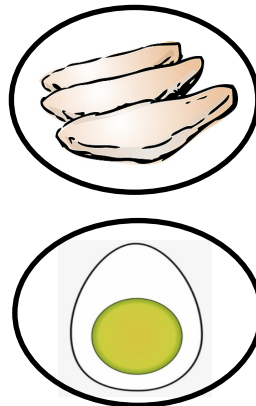
A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Dining Misconceptions Debunked

Do not let common food, nutrition, and dining rumors spoil your judgment regarding eating safely on campus. The Rutgers Healthy Dining Team is here to set the record straight, debunking these misconceptions and serving you the real facts—so you can confidently enjoy every bite on your plate.

The color of cooked chicken does not indicate doneness. Temperature does.

Safely cooked poultry can exhibit a range of colors, including white, pink, and tan. Poultry is considered safe to consume when it reaches an internal temperature of 165° Fahrenheit. Checking the internal temperature of poultry is a critical food safety practice at Rutgers Dining Services. This ensures that all food served meets the highest safety standards.
“Don’t judge a chicken by its color”



A green ring on a hard-cooked egg does not imply it is spoiled.

That green ring around your egg yolk? It is not a culinary crime, but a little kitchen chemistry. The hue comes from a reaction between sulfur and iron compounds when eggs are well-cooked. While it might look discolored, it does not change the egg’s taste, safety, or nutritional value. So go ahead, crack on with confidence.
“Dr. Seuss said it best; don’t knock it till you try it”

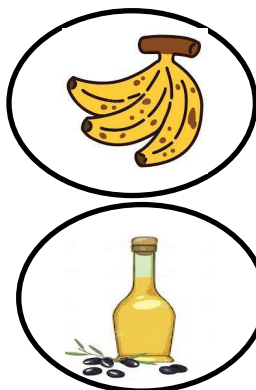
Dining serves high-quality meat and poultry.

Rutgers Dining prioritizes the highest quality meats, exclusively sourcing USDA Prime or Choice grades, comparable to those used in esteemed fine dining establishments. All poultry served in our dining halls adheres to the highest quality standards, meeting the USDA Grade A designation.
“Amazon is not the only one with Prime”



Brown spots on bananas do not mean they are rotten; they just indicate sweetness.

As bananas ripen, they release a plant hormone called ethene gas, which accelerates ripening and softening, leading to browning. These brown spots do not diminish the fruit's nutritional value. Brown-spotted bananas remain equally rich in vitamins and minerals as their bright yellow counterparts.
“Don’t let the freckles fool you”



Healthy oil options are used to cook food in the dining facilities.

Rutgers Dining utilizes both canola and olive oil for food preparation. Both oils are rich in heart-healthy monounsaturated fats. For those seeking a lower-fat option, Dining offers the flexibility to request cook-to-order meals with reduced or no added oil.
“We can-ola agree that healthy fat is good fat”

Do not fear- HDT myth-busters are here!

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References: *6 Things to Know about the Inside of an Egg*. Available at: <https://eggsafety.org/six-things-to-know-about-the-inside-of-an-egg/>

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1/26/25. *Bananas Brown Food Waste*. Available at: <https://studyfinds.org/bananas-brown-food-waste/> Accessed on: 1/26/25. *The Color of Meat and Poultry*. Available at: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/color-meat-and-poultry>

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Questions? Like us on Facebook (RU Healthy Dining Team), Instagram (@ru_hdt), or email nutrition@dining.rutgers.edu.