



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

Fight the Freshman Fifteen...and Win!

Navigating your first year of college and wondering about "Freshman 15"? You are not alone! The Healthy Dining Team is here to share facts about common campus myths. While many students see slight changes in their bodies during this transition, research shows that significant weight gain is far less common than the rumors suggest.

Adjusting to a new environment means having more freedom over what, when, and how you eat. With abundant options in dining halls, late-night study snacks, and those tempting Starbucks treats, it is easy to eat more than you realize. Let us explore some simple, friendly strategies to tip the scales in your favor.

Move those muscles: Let's get moving! Try walking to class, hopping off the bus a stop early, exploring the Rutgers Fitness Centers, or enjoying a walk around our beautiful campus with a friend. Building a regular exercise routine is a wonderful way to support your overall well-being, manage stress and maintain a healthy weight.

Choose healthy snacks: Fiber-rich snacks such as popcorn, whole wheat crackers with smashed avocado, apples and peanut butter, or carrots with hummus can help keep you satisfied. Just remember, eating too much of any food can lead to weight gain, regardless of how healthy the food may be.

Try the "Sample Plate"
Method: Several options that look great? Opt for smaller tasting portions. This lets you explore the menu while keeping your overall meal balanced.

Mix it up:
Choose a variety of foods such as fruits, vegetables, whole grains, and lean proteins in appropriate portions. to keep yourself satisfied throughout the day.

Rise, Shine, & Dine:
Starting your day with breakfast can provide sustained energy for your work and studies. Plus, a nourishing breakfast can help you feel more satisfied, which may naturally lead to less overeating later in the day.

Limit eating while studying:
It is easy to nibble without thinking when you are focused on reading, writing, or tackling math problems. Those extra calories can add up without you noticing. Avoid mindless snacking while studying by setting specific eating times.

Rutgers students: 1, Freshman 15: 0!

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References: *Beating the Freshman 15*. Available at: <https://www.childrensmn.org/educationmaterials/teens/article/9255/beating-the-freshman-15/>. Accessed on 4/16/26

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