



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

The HOTTEST Cereals in the Dining Halls

When winter bites, the Healthy Dining Team will help you bite back with a bowl of hot cereal. Warm up your tummy and jump-start your day with a bowl of oatmeal or grits. Hot cereals served in the dining halls are made with water instead of milk, making them a great vegan and dairy-free breakfast option.

Why are these HOT cereals so great?

Cereal	Health Benefit	How to make it HOTTER:
<p>Oatmeal</p> 	<ul style="list-style-type: none"> - Nutrient-dense and rich with soluble fiber - Promotes heart health by lowering cholesterol and improving digestion - Gives a feeling of fullness and provides steady energy 	<ul style="list-style-type: none"> - Add some dried fruits like raisins or cranberries - Spice it up with a dash of cinnamon - Mix in fruit purees such as applesauce
<p>Grits</p> 	<ul style="list-style-type: none"> - Complex carbohydrates give sustained energy to power through your morning - Often enriched with iron and vitamin B - Versatile, can be enjoyed sweet or savory 	<ul style="list-style-type: none"> - Bring in a savory flavor with a small amount of cheese - Top with fresh fruit like strawberries and blueberries - Sweeten with delicious honey

Whether you prefer the hearty comfort of oats or the smooth, creamy texture of grits, these warm cereals are the perfect way to stay nourished and energized on cold winter mornings.

When breakfast brings the HEAT



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References: *Whole grains: Hearty options for a healthy diet.* Available at: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/whole-grains/art-20047826>. Accessed on: February 11, 2026. *7 Whole-Grain Foods You Should Try.* Available at: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/types-of-whole-grains>. Accessed on February 17, 2026



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