



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



MidKnight Snack Attack

Late-night snacking may seem satisfying, but it often results in poor food choices and overindulgence. When the munchies hit, healthier choices can help maintain your energy without disturbing your sleep or adding unwanted calories. Late-night cravings may suggest that you do not eat enough calories during the day or consume balanced meals, leading to overeating at night. You can reduce these cravings by focusing on daily regular, balanced meals. Discover delicious meal ideas below and explore a list of healthy late-night snacks to bite back at your midnight cravings!

Nutritious Meals to Cut Cravings

Eating balanced meals can help manage and reduce cravings later in the day. Including a mix of proteins, healthy fats, and complex carbohydrates can keep your energy levels steady and help you feel satisfied for a longer time.

- **Grilled Chicken Salad:** Combine grilled chicken breast (protein) with fresh vegetables like spinach, tomatoes, cucumbers, and bell peppers. Add a light vinaigrette and a drizzle of olive oil (healthy fat) for flavor. Pair with a side of fruit (carbs).
- **Quinoa Bowl:** Combine quinoa (protein) with black beans, corn (carbs), tomatoes, and avocado (healthy fat) spread. Top with tofu for added protein and a squirt lime.
- **Whole Grain Wrap:** Fill a whole grain tortilla (carbs) with turkey (protein), hummus (protein and healthy fat), spinach, and shredded carrots.
- **Pasta Primavera:** Use whole wheat pasta (carbs) as a base, top with chickpeas (protein) spinach, bell peppers, broccoli, red onion, olive oil (healthy fat), and a squeeze of lemon juice.



Nutritious Nighttime Nibbles

Choose a nutrient-dense, low calorie, high protein snack when grabbing a late-night bite to satisfy cravings without disrupting your sleep.

- Low fat Greek Yogurt (pair with granola and fruit)
- Trail mix (opt for mixes with nuts, dried fruits, and a bit of dark chocolate)
- Low Fat Cheese Stick with an apple
- Hummus with Pretzels
- Tuna packets (tear open and pair with crackers or veggies)

Fuel Right to Sleep Tight

Authored By: Candace Johnson

Reviewed By: Dr. Peggy Policastro, RDN-Dining Services/IFNH

References: *Late Isocaloric Eating Increases Hunger, Decreases Energy Expenditure, and Modifies Metabolic Pathways in Adults with Overweight and Obesity*. Available at: [Late isocaloric eating increases hunger, decreases energy expenditure, and modifies metabolic pathways in adults with overweight and obesity: Cell Metabolism](#) Accessed on: 11/16/2024.

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