



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

A Little Latin Flavor

Latin cuisine is a colorful celebration of cultures, countries, and culinary traditions, each bringing its own delicious twist to the table. Caribbean plates feature tropical fruits and sweet plantains, while South American dishes spotlight hearty grains and savory grilled meats. Mexican and Central American recipes shine with bright citrus, chilies, and fresh herbs. Beyond their incredible variety, these culinary cuisines pack a serious nutritional punch by layering fiber-rich beans, whole grains, fresh produce, and aromatic spices into every dish. Ready to upgrade your campus meals? The Healthy Dining Team is here to show you how to level up your plates with Latin flavors.

Spice, Spice, Baby

Latin cuisine gets its flavor profile from savory aromatics like garlic, cumin, and cilantro paired with chili peppers that range from mild warmth to fiery heat. When balanced with a splash of fresh lime, these vibrant ingredients infuse flavor into every dish without relying on excess sodium. Check out the Chicken Fajitas and Corn Pico de Gallo served in Rutgers dining locations.

Bean There, Done That

As a foundational staple of Latin American cuisine, beans are a plant-based powerhouse loaded with satisfying protein and gut-healthy fiber. Toss a spoonful of seasoned black beans or refried beans served in the dining halls into tacos, pair them with rice, or stir them into grain bowls and soups for an easy, filling nutrient boost.

Color Your Plate

Latin produce such as sweet mangoes, squash, leafy greens, tomatoes, and peppers all fill your plate with essential fiber, vitamins, and minerals. Head over to the salad bar inside Rutgers dining location for a wide range of fresh produce. When it comes to healthy eating, the more variety, the better.



From sizzling tacos to classic rice and beans, there is an entire world of flavor just one meal swipe away. Next time you head into the dining hall, try something new, and celebrate the incredible diversity of Latin cuisine on your plate!

RU Dining: Serving Up a Fiesta of Flavor!

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References: *6 Big Benefits of Beans*. Available at: <https://health.clevelandclinic.org/benefits-of-beans>. Accessed on: 09/12/26. *Phytonutrients: Paint Your Plate with the Colors of the Rainbow*. Available at: <https://www.health.harvard.edu/blog/phytonutrients-paint-your-plate-with-the-colors-of-the-rainbow-2019042516501>. Accessed on: 09/14/26. *Celebrating Health in Latin American Foods*. Available at: <https://www.cedars-sinai.org/stories-and-insights/healthy-living/celebrating-health-in-latin-american-foods>. Accessed on: 09/12/26. *Rutgers Places to Eat*. Available at: <https://food.rutgers.edu>. Accessed on: 09/22/26.



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