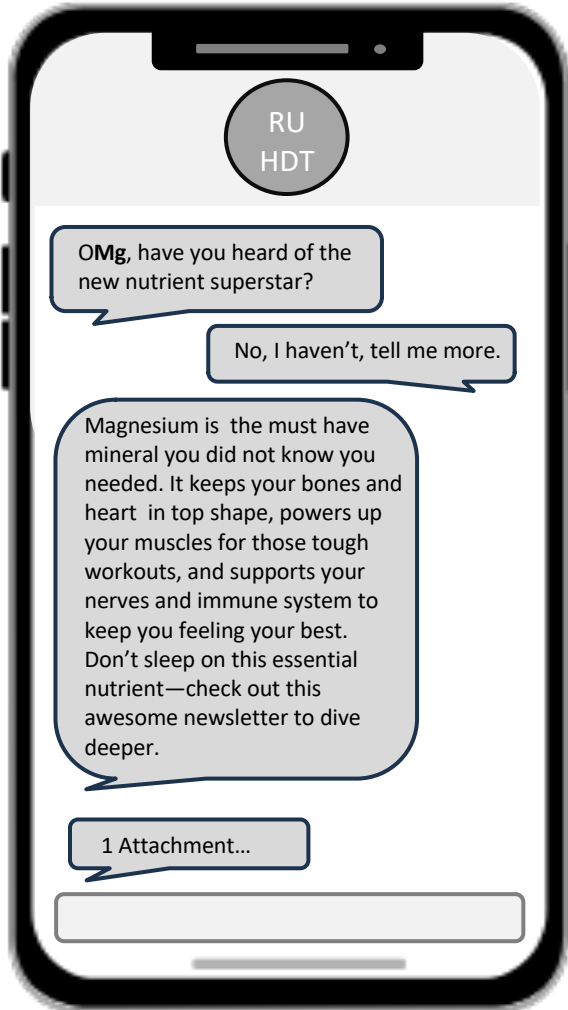




EATING 101 RU DINING HEALTHY?

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

Magnificent Magnesium



🔍 Magnesium: The MVP for your Mind, Muscles, and More

Looking to pass the test of good health? Magnesium is here to help you ace it. This powerful mineral not only helps keep your blood sugar and blood pressure in check, but research also suggests it can boost sleep quality, aid in muscle recovery, and even reduce the risk of migraines. Talk about grade A performance.

Instead of cramming in supplements, get magnesium naturally through your diet. It is like getting extra credit. Leafy greens, whole grains, beans, nuts, and fish are packed with magnesium and other nutrients to help you thrive. So, load up on these foods and let magnesium be your ultimate study buddy for a healthier you!

Hey Google! Set a reminder check out these Mg rich foods at the dining hall.

- Almonds
- Spinach
- Banana
- Peanut Butter
- Oatmeal
- Yogurt, plain, low fat
- Potato baked with skin
- Low-fat Milk
- Fortified Breakfast Cereal



Get in Your Element with Magnesium!

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