



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 Recipe for Successful Meal Planning

Have you ever strolled into the dining hall, only to be captivated by the sheer abundance of food stations and the plethora of choices available? Do you find yourself overwhelmed by the choices that you decide to play it safe and go for pizza? Do not fret, the Rutgers Healthy Dining Team is here to introduce you to the concept of meal planning! Meal planning is the planning ahead of foods or meals that will be eaten over the next few days. Studies show planning your meals ahead of time is associated with better adherence to nutritional guidelines and improved diet variety. Read below to see how you can meal plan in the Rutgers Dining Facilities.

Start by going to your MyRutgers App or <http://food.rutgers.edu/> to find weekly menus for each dining facility.

Balance your meals by referring to nutritional guidelines like MyPlate or the 2020-2025 Dietary Guidelines for Americans.

Don't see an entrée you like? Try combining different foods from each station to create an original meal with your favorite foods and new options.

Give yourself time at the start of each week to plan your meals. Jot them down in a journal or your Notes App for easy reference.

Meal Planning Example

- **Breakfast at Busch Dining Hall**
Oatmeal with assorted fruits and a side of Greek yogurt.
- **Lunch at Neilson Dining Hall**
DIY chicken veggie wrap with vegetables from the salad bar, such as peppers and spinach.
- **Dinner at Livingston Dining Commons**
Salmon with brown rice and a side of hearty vegetable soup

Need to plan a **quick meal on the go**? Stop by **The Atrium** for pre-packaged sushi, a cup of fruit, and a water.

Scan for menus:



Enjoy Plan-tastic Meals!

Authored By: Holly Dorsett
References: *Meal Planning*. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5288891/>. Accessed on: February 7, 2024.

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

RUTGERS
Student Affairs

Dining Services

 / @rutgersdining
food.rutgers.edu