



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

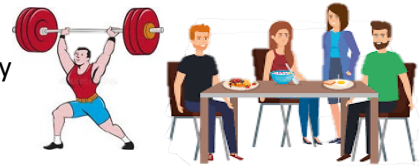
Mediterranean Magic

Ready to live your best life? Experience the Mediterranean lifestyle, a way of life rooted in the traditions of Greece, Italy, and Spain. It is about more than just delicious food. It emphasizes staying active, connecting with others, and following heart-healthy eating patterns. The Mediterranean diet is centered around plant-based foods like whole grains, fruits, vegetables, nuts, and healthy fats like olive oil. It also emphasizes protein from fish, seafood, and poultry, while limiting red meats, sweets, and processed foods. The Mediterranean lifestyle is associated with potential health benefits, such as improved brain function, reduced risk of heart disease, and overall well-being.

Physical activity, meals, and social time

- Practice *daily* exercise.
- Emphasize community connections and time with friends and family

How to: Instead of taking the bus, walk to the dining hall with a friend and enjoy your meal together.



Plant-based foods

- Enjoy a variety of plant-based foods *daily* (fruit, vegetables, whole grains, and healthy fats like nuts, olive oil, and avocados).

How to: At the Dining Hall deli station, build a sandwich on a whole grain pita with hummus, cucumbers, bell peppers, spinach, and add a drizzle of



Fish and seafood

- Choose fish and seafood (tuna, salmon, shrimp, and sardines) over red meat.
- **How to:** From the entrée line, choose seafood dishes like shrimp chow mein, Chinese salt and pepper cod, or baked sole (fish fillet)



Poultry, eggs, and dairy

- *Cut back on* dairy, poultry, and eggs and choose low-fat options.

How to: At the omelet station try vegan eggs or egg whites. Try using unsweetened almond milk instead of cream in your coffee.



Red meats, sweets, and processed foods

- Enjoy red meat and high-sugar foods *sparingly*.
- Choose whole foods over processed foods.

How to: Save sweets and beef entrees for special occasions or enjoy in smaller portions. Instead of baked desserts, grab a fruit like an orange, banana, or apple.



Feta late than never to go Mediterranean

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References: 2022 *General, Healthful Mediterranean Nutrition Therapy*. Available at: <https://www.nutritioncaremanual.org/>. Accessed on: 10/16/2024. : Casas, Rosa, et al. "Long-Term Immunomodulatory Effects of a Mediterranean Diet in Adults at High Risk of Cardiovascular Disease in the PREvención Con Dieta MEDiterránea (PREDIMED) Randomized Controlled Trial." *The Journal of Nutrition*, vol. 146, no. 9, 2016, pp. 1684–1693., doi:10.3945/jn.115.229476. Accessed on: 10/23/24.



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