



EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

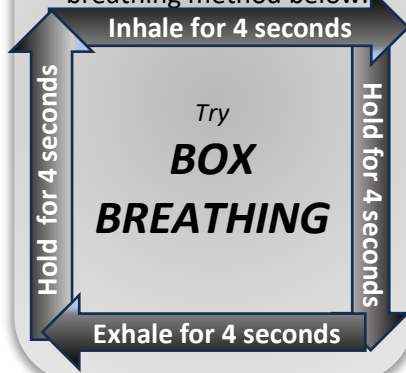
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Take Five

Between classes, studying, extracurriculars, and maintaining a social life, it may seem like there is not enough time in the day to fit it all in. You may feel tempted to try and save time by rushing through meals, studying while eating, or skipping meals. However, this may leave you feeling depleted and drained, doing more harm than good. In fact, mealtimes can offer a quiet and restorative experience in between the stresses of a busy school day. Try the following five practices during mealtimes to take a minute, or five, to recharge.

Catch Your Breath

Stressed out? Before your meal, take a minute to focus on breathing. Try the box breathing method below.



Connect with Others

Social connectedness can help reduce stress and make us more resilient. We are social beings, and flourish when we have meaningful relationships with other people. Mealtimes can offer a chance to connect with new people by starting a conversation. Try asking someone what is the best thing that they have eaten on campus. You may find a new favorite meal!

Scan the QR code below for more conversation starters.



Consider Gratitude

Mealtimes provide an opportunity to think of all the things for which you are grateful. Practicing gratitude can increase subjective happiness and feelings of life satisfaction. Appreciate the wide variety of nourishing and tasty food you have available, and that you have clean water to drink. Even if everything is not perfect, it helps to recognize that in this moment, there are still many things for which to be grateful.

Mindful Eating

Eating mindfully means slowing down and using all your physical and emotional senses to fully experience and enjoy your food choices. Try using all five senses to notice and enjoy the textures, flavors, and aromas of your meal. A mindful meal experience can replenish both your body and mind.

Get Grounded

The constant pace of rushing from class to class can be exhausting. Utilize mealtime as a moment to slow down and practice grounding. As you sit down to eat, place your feet on the ground and sit up straight. This simple practice can help bring a sense of stability to your day.

Take a deep breath, and lettuce romaine calm.

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