

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

March is National Nutrition Month®

Join us in commemorating National Nutrition Month by embarking on a journey *Beyond the Table!*

Take the month of March to learn about making informed choices regarding food, sustainability, and physical activity habits. This year's theme, going *Beyond the Table*, targets the term "Farm to Fork", which is the journey our food makes from production to our plates. This emphasizes making sustainable food choices and enables people to enjoy the food on their plate while minimizing harm to our planet. Scan the QR code below for more information on sustainability efforts made by Rutgers Dining Services and join the festivities by following our daily tips and attending the Healthy Dining Team events in yellow!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>HDT challenges you to give your microbiome a gift this March and try to incorporate 5 different plant-based foods each day.</i></p>					<p>1 Start your month with a balanced breakfast: include a protein, whole grain, and fruit.</p> 	<p>2 Benefit your body and planet by enjoying a plant-based protein such as tofu or beans.</p> 
<p>3 Add spice to your life: In addition to salt and pepper, dabble in herbs & spices.</p> 	<p>4 March <i>fourth</i> by trying dairy alternative milks, such as soy or almond milk.</p> 	<p>5 HDT Booth Faith in Fats [Neilson] 12pm-2pm [Busch] 6pm-8pm</p>	<p>6 HDT Booth Faith in Fats [The Atrium] 6pm-8pm</p>	<p>7 HDT Booth Faith in Fats [LDC] 6pm-8pm</p>	<p>8 Make mindful choices: Practice slowing down and feeling present while eating.</p> 	<p>9 Start Spring break by taking a break from red meat.</p> 
<p>10 Take a Trip: Try to visit your local farmer's market and spark up an insightful conversation with the food vendors.</p>	<p>11 Enjoy the break from school stress and try incorporating movement into your day. This can include exercise, walking, or light stretches.</p>	<p>12 Try a new recipe with fruits and vegetables that are in season such as mushroom, kale, or asparagus.</p> 	<p>13 National Registered Dietitian Day: Looking for an RDN on campus? You can find them at dining services, athletic departments, and health care centers.</p>	<p>14 Fill at least half of your plate with fruits and veggies.</p> 	<p>15 Stay Hydrated: Make sure to bring your reusable water bottle and refill them at the water stations.</p> 	<p>16 Try bringing your own reusable bags around when shopping.</p> 
<p>17 Paint your plate with nature's hues of green and try a new green produce.</p> 	<p>18 Pick up a Chef Spotlight Newsletter at the dining halls to get a behind the scenes scoop about the chefs at Rutgers.</p>	<p>19 Blossom this Spring by taking less at dining halls to avoid food waste.</p> 	<p>20 Grab a piece of fresh fruit on your way out for a quick snack.</p> 	<p>21 Try to incorporate more whole grains like brown rice, quinoa, and farro.</p> 	<p>22 Try a new meal from Harvest in the IFNH from 9am-2:30pm (accepts meal swipes).</p> 	<p>23 Follow RU Healthy Dining Team on Instagram @ru_hdt.</p> 
<p>24 Remember to reduce, reuse, and recycle cans, plastics, and paper in their respected bins.</p>	<p>25 Eat seafood, such as salmon or tuna, twice a week for healthy omega-3 fatty acids.</p> 	<p>26 Read about Rutgers Dining's sustainability practices at food.rutgers.edu/sustainability.</p>	<p>27 Avoid food waste: get creative with your leftovers by making a stir-fry with your leftover vegetables.</p>	<p>28 Scarlet Chef [Neilson] 12pm-2pm</p> 	<p>29 Try elevating your drink by adding some sparkling water to your typical juice.</p>	<p>30/31 Keep up healthful habits and eat with the environment in mind all year!</p> 

Revised by: Helen K Yanes

Reviewed by: Dr. Peggy Policastro, RDN- Dining Services/IFNH

References: *50 Ideas to Get Involved in National Nutrition Month®*. Available at <https://www.eatright.org/health/wellness/awareness-campaigns/50-ideas-to-get-involved-in-national-nutrition-month>. Accessed on 2/2/24 *Seasonal food guide*. Available at <https://www.seasonalfoodguide.org/new-jersey/late-march>. Accessed on 2/2/24 *Rutgers Dining services Sustainability Practices* Available at <http://food.rutgers.edu/diningsustainability/>. Accessed on 2/2/24