



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

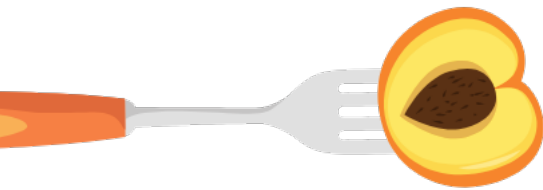
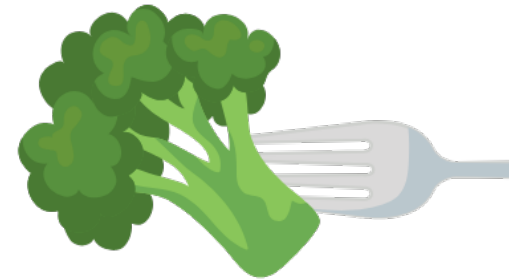
Palate Passport

Are your meals stuck in a flavor rut? College is a time to not only expand your knowledge but also your palate. Do not fear; expanding your diet does not mean forcing yourself to eat foods you dislike—it is about taking small steps towards variety of items and flavors. Expanding your food choices can improve your nutrition, energy levels, and overall well-being. Start with tiny tastes, be patient, and celebrate small wins. The dining hall has many options, so use it to explore, discover, and build confidence in trying new things. You never know; your new favorite food could be just one bite away!

Blend Local Flavors with Familiar Tastes

Explore new flavors by gradually introducing different foods to your meals. Try adding a new food by pairing it with foods you already love.

- If you love pasta, try whole wheat penne instead of regular penne, topped with your favorite sauce to ease into different ingredients.
- Taste the rainbow by incorporating a novel colorful vegetable into your salad or omelet and add your desired toppings.
- Do not sweet it--Add a fruit topping to your dessert for a juicy boost.



Tiny Bites, Big Adventures

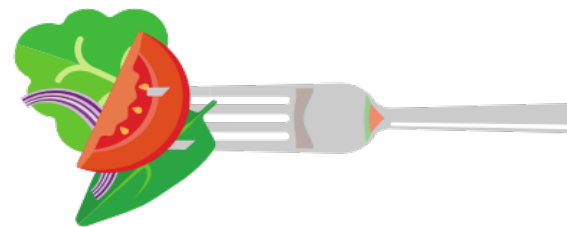
Introducing too many flavors at once can be overwhelming. Instead, try sampling a different food group per meal or day.

- Add a stamp to your passport by tasting small portions of culturally inspired meals in the dining halls; the world is your oyster.
1. Try adding a banana to your peanut butter toast for a balanced bite. With time, you might even work up to whole-grain bread.

A Culinary Journey Through Diverse Preparations

Sometimes, it is not the food, but how it is prepared. Exploring different preparation methods can help you discover new flavors and textures that make the food more enjoyable. If steamed broccoli is not your texture paradise, try it roasted with olive oil and your favorite seasoning.

- Do not cry, try stir fry! Stir Fry is a great method of incorporating vegetables such as carrots and greens, with a few adventurous bites of tofu for a lean protein.



Keep Catching Food Flights

Go ahead, be adventurous with food! It's all about trying new things and seeing what you like. Do not worry if you're not a fan of everything – that's totally normal. Just move on to the next delicious discovery. And who knows, maybe one day you'll want to try that dish again!

Take it one bite at a time.

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References: *Adding Variety to your Meal Plan* Available at: <https://www.mynmchealth.org/adding-variety-to-your-meal-plan/>. Accessed on: 2/12/2025. *Vary Your Veggies* Available at: <https://www.myplate.gov/tip-sheet/vary-your-veggies>. Accessed on 2/12/2025.