



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

Happy Halloween

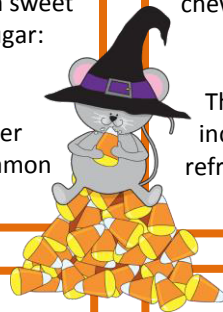
Halloween is a time for scary movies, costume parties, haunted houses, and of course, candy. For those who celebrate this haunting holiday throughout the WHOLE month of October, here are some tricks to treat yourself to a healthier Halloween season in the dining halls.



Candy Apples to Apples:

Enjoy everything in moderation, but if your sweet tooth needs satisfying, try making your own sweet treat in the dining hall with less added sugar:

- Slice a granny smith apple
- Spread on a tablespoon of peanut butter
- Top with mixed nuts or a sprinkle of cinnamon



Craving Chewy Candy?



Try replacing candy with dried fruit for all the chewiness of a Twizzler, but with added fiber and vitamins.

The dining halls offer a medley of dried fruits including pineapple, raisins, and papaya. For a refreshing taste of Fall, try the dried apple slices.



Pumped About Pumpkin Spice?

Warm up with a lighter version of a PSL (Pumpkin Spice Latte) in the dining halls:

- Pour some coffee in a mug
- Add milk (try almond, soy, 1% or 2%)
- Use a half-pump of pumpkin spice syrup
- Sprinkle some cinnamon on top



Festive with Fall Foods:

Try to fill your plate with candy corn colored sides for a festive, in-season addition with added nutrition.

- White:* mushrooms, potatoes, cauliflower
- Orange:* carrots, sweet potatoes, butternut squash
- Yellow:* corn, squash, bell peppers

The haunting truth is that the average American consumes about 66 pounds of added sugar per year, which is much more than the recommended daily limit of about 35-50 grams. Just one Twix bar contains 24 grams of sugar, so it can be easy to overdo it. Over time, excessive added sugar intake can add up, which may result in weight gain and increased risk of obesity. An even spookier fact is that eating sugar may leave you craving more. Don't be scared to indulge every now and then, but try not to make Halloween treats a habit.

Don't let treats trick you

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References: *Nutrition in fall vegetables - the more colorful, the better.* Available at <http://wrvo.org/post/nutrition-fall-vegetables-more-colorful-better>. Accessed on: September 5, 2017. *How Much Is Too Much? The growing concern over too much added sugar in our diets.* Available at: <http://sugarscience.ucsf.edu/the-growing-concern-of-overconsumption/#.WbgwqPOGOUk>. Accessed on: September 12, 2017. *Dietary Guidelines for Americans 2015-2020.* Available at <https://health.gov/dietaryguidelines/2015/guidelines/>. Accessed on October 10, 2017. *Twix.* Available at <https://www.twix.com/product/nutrition>. Accessed on October 10, 2017.

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