



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

Let's Get Saucy

Although it may add flavor at the time, there is such a thing as *too much sauce*. Let's be honest; Hidden Valley® Ranch should stay hidden. Many salad dressings and condiments can sneak in saturated fats, sodium, and added sugars to our diet. Glam up your grub in the dining halls with these tantalizing tips.

Entice Me with Spicy

Want some heat in your meal? The dining halls offer a variety of spicy additions such as Sriracha sauce, red pepper flakes, wasabi, and jalapeños.

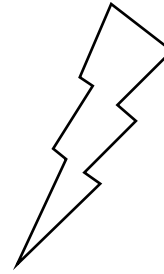
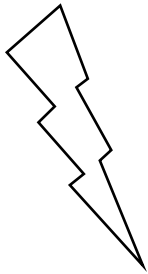
Try adding any of these to your sandwich, stir fry, or quesadilla instead of the usual high sodium suspects.



The Zeus of Juice

Put down that creamy dressing and add a bit of citrus to your salads for a lightning bolt of flavor without all the fat.

Bazinga! Make your own citrus vinaigrette using olive oil, any of the various vinegars, and a squirt of lemon juice.



Swapping that Topping

While ketchup is delicious on our burgers and sweet potato fries, it often contains added sugars. Try adding more nutrient-dense toppings to your buns like hummus or guac. Embrace the taste of low-calorie toppings by adding pickled ginger, onion, or salsa.



Practice Safe Lunch-Use Condiments

Revised by: Chelsea Cotugno

Reviewed By: Chris Gunning, RDN - IFNH and Rutgers Student Health Services

Available and accessed on: 2016, 9. Jun. "10 Easy Ways to Swap out Salt and Lower Sodium While Cooking." *Sodium Breakup*. N.p., n.d. Web.

"7 Ways to Enhance the Flavor of Your Meals." *Www.eatright.org*. N.p., Apr. 2017. Web.

Questions? Follow us on Facebook (**RU Healthy Dining Team**), Twitter (**@RUHDT**), Instagram (**@RU_HDT**), SnapChat (**RU_HDT**) or e-mail us at peggyp@dining.rutgers.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at <http://food.rutgers.edu>.