



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

Stairway to Health

Being a college student comes with a hectic schedule and a long list of responsibilities. Keeping your health in check may not be as important to you as acing your exams, but proper health and nutrition can keep you energized and feeling better through those hectic days and long nights. Get those steps in and climb HDT's stairway to health: the guide to a healthy lifestyle through college and beyond.



First Year: Don't let freshmen year stress your mind or stretch your waistline. Avoid the infamous "freshmen 15" by being mindful of your eating habits. Just because the dining hall is all you can eat, does not mean you should eat all you can.

Second Year: Avoid being sophomore by utilizing your gym membership at Rutgers fitness facilities. Step into a Rutgers rec center for a rewarding workout before class. Get involved with intramurals, fitness classes, or simply get off the bus earlier and walk. To learn more about Rutgers Recreation, visit <http://recreation.rutgers.edu/>, or download the "RUREC2GO" app.

Third Year: You're almost there, junior! If you feel your free time shrinking and you don't have time to dine, you can still get a quick and nutritious meal at any one of the on-campus cafés. Swipe for a salad with low-fat dressing or a protein box with some fruit while heading to the student center to study.

Senior Sendoff: Use the knowledge you gained in college by continuing your healthy habits after you earn your degree. Fend off health-related diseases by maintaining a healthy weight while you are young. Limit consumption of heavily processed foods which often have added sodium, fats, or sugars. Remember, you won't be in the dining halls forever. Pay attention to the cook-to-order lines now, so when the time comes you can recreate your favorite dining hall dishes at home.

Started from the bottom now we're here

Authored By: Dana Ikeda

Reviewed By: Marina Vineis, RYT, RDN- Dining Services

References: *Changes in Body Weight and Fat Mass of Men and Women in the First Year of College: A Study of the "Freshman Fifteen."* Available at: <http://www.ncbi.nlm.nih.gov/pubmed/16889314>. Accessed on: Oct. 5, 2017. *Maintain a Healthy Weight.*

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Questions? Follow us on our 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>