



# 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

### We Are Rooting for You

Root vegetables may grow *underground*, but they should not be *underrated* as an important part of a balanced diet. These vegetables consist of a variety of nutrients, but why should we *carrot* all about these *radishing* root veggies? The average adult should consume 2 ½ to 3 cups of vegetables per day, so it may be helpful to *uproot* the info below!

#### Common Types of Root Vegetables:

**Roots:** Beets, Radishes, Turnips, Carrots, Parsnips, Rutabagas

**Tubers:** Potatoes, Yams

**Bulbs:** Garlic, Onions, Shallots

**Rhizomes:** Ginger, Turmeric

#### Veggie Vitamins:

- Radishes, turnips, and rutabagas are all excellent sources of Vitamin C
- Sweet potatoes and carrots are excellent sources of beta-carotene, the Vitamin A precursor

#### Ways to Eat Your Roots:

- Choose chopped raw radishes, shredded carrots, and sliced onions to top a green salad
- Season roasted roots with herbs for a savory side
- Try a root mash with parsnips, yams, or turnips instead of plain potatoes

#### Root Vegetable Fun Facts:

- The starch in parsnips is converted to sugar with the first frost of winter
- Cooked carrots release more beta carotene than raw carrots
- Turnips are part of the mustard family

### Let's Turnip the Beet

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References: *Get Back to the Roots* Available at: <https://foodandnutrition.org/november-december-2014/get-back-roots/>. Accessed on: 3/12/18. *Roots and Tuber Crops as Functional Foods: A Review on Phytochemical Constituents and Their Potential Health Benefits.* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4834168/> Accessed on: 3/12/18. *Harvest of the Month* Available at: [http://harvestofthemonth.cdph.ca.gov/documents/Fall/21712/Ed\\_News\\_Roots\\_Tubers.pdf](http://harvestofthemonth.cdph.ca.gov/documents/Fall/21712/Ed_News_Roots_Tubers.pdf). Accessed on: 3/12/18. *All About the Vegetable Group.* Available at: <https://www.choosemyplate.gov/vegetables>. Accessed on: 3/31/18.



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