



# 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

### The Snack Track

Did you eat breakfast this morning, only to find yourself hungry before lunchtime? Did you make time to eat lunch, but find your stomach growling before dinner? Instead of waiting out the hunger until your next meal, try eating a healthy snack to power through your day full speed ahead. Adding healthy snacks into your diet can increase your nutrient intake and keep your hunger under control.

Take a lap around the “snack track” to become a smart snacking pro.

#### Start with the Proper Fuel

Healthy snacking ensures adequate fuel for exercise, may help manage weight, and boost mental performance. To enjoy these benefits, choose nutrient-rich snacks that provide lasting fuel and satisfy hunger. Look for healthy snacks that provide whole grains, fiber, lean proteins and/or healthy fats.

- ✓ Pack an apple with peanut butter
- ✓ Snack on carrots with hummus

#### Stay on Track

While snacking can be healthy, there are a few smart habits to keep in mind to establish a consistent snacking routine.

- ✓ Strive for snacks that contain about 200 calories.
- ✓ Snack only when you are hungry to avoid excess calories.
- ✓ Try to steer clear of treats that lack nutrients and provide empty calories, such as sweets and chips.

#### On-Campus Options

Rutgers Dining Services has many locations to grab a snack throughout the day. Take a piece of fruit when leaving the dining hall for a smart snack later. If you have the new Scarlet Plan, do not hesitate to swipe in at any time for a quick snack. Utilize the full value of your meal swipe when picking up a meal at Kilmer’s Market or the Cafes by adding a healthy snack for later. Good options include Greek yogurt, unsalted nuts, and trail mix. Look for the green sticker options in campus vending machines which highlight healthier options such as Sun Chips and popcorn.

*Look like a snack, and eat them too*

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