

EATING 101

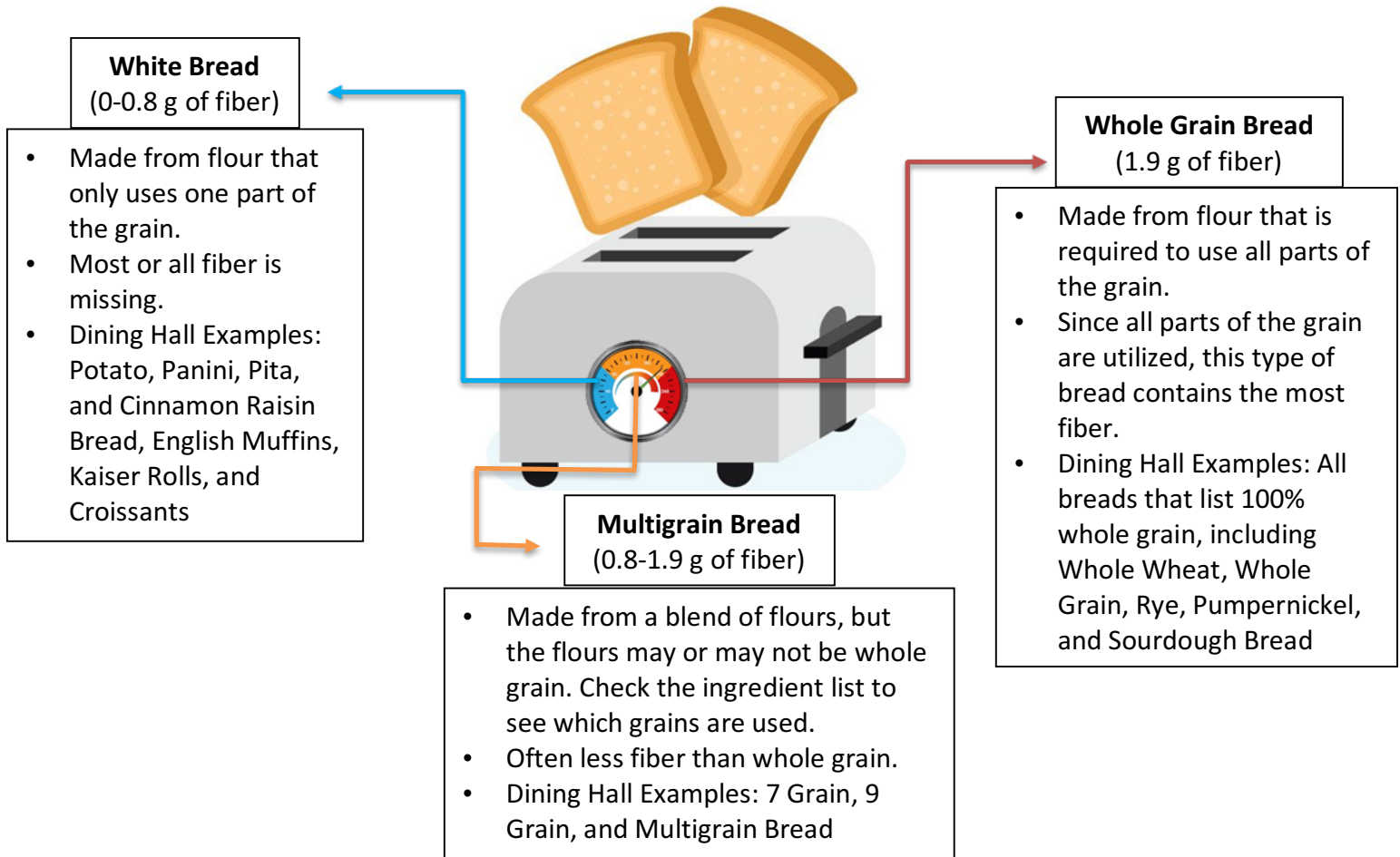
RU DINING HEALTHY?

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

I Bread to Differ

Not all bread is created equal. With so many varieties out there, it can be hard to know which bread is best. One of the most notable nutritional differences between types of bread is the amount of fiber each contains. Fiber is an important nutrient for digestion and gut health. Read below for the breakdown of fiber content in common bread types found in the dining halls.



The Greatest Thing Since...

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References: *Is multigrain the same thing as whole grain? Which is the healthier choice?* Available at: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/multigrain/faq-20057867> Accessed on: Sept. 13 2019. *Which Bread Is Best For You— Whole-Grain, Multigrain or Whole Wheat?* Available at: <https://health.clevelandclinic.org/bread-best-whole-grain-multigrain-whole-wheat/> Accessed on: Sept. 13 2019. *Health Benefits of Rye.* Available at: <https://wholegrainscouncil.org/whole-grains-101/whole-grains-101-orphan-pages-found/health-benefits-rye> Accessed on: Oct. 16 2019.

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