



# 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

## Donut Worry, Be Happy!

Do you find it difficult telling yourself you *do-not* need that donut or slice of cake? Eating large quantities of sugary desserts on a daily basis may curb your craving but can have negative health effects. Desserts are typically filled with sugars, saturated fats, and empty calories. While it is not a crime to indulge from time to time, there are many healthier swaps you can make to satisfy your sweet tooth. Read on to learn about how you can incorporate the desserts available in the dining hall into any balanced diet.

### Tips to consider before choosing your treat:



**Timing:** Make sure you finish eating your meal before deciding if you still have room left for dessert. Listen to your body's natural hunger and satiety cues as a guide.



**Portion size:** Instead of sitting at home with a whole pint of ice cream, portion some into a bowl to avoid overeating. A half-cup serving may be enough to satisfy a craving.



**Frequency of indulgence:** A sweet treat *sometimes* is better than *all the time*. Be mindful of how often you choose to eat desserts. Are you indulging every day or once a week?



**Pinpoint the reason for your craving:** Are you still hungry? Are you just bored? Is it a habit? Ask yourself these questions when cravings arise.

### Here are some ways to revamp dining hall desserts to make them healthier, but still delicious!

Dessert	Healthy Swap
Ice cream with sprinkles and whipped cream	Low-fat frozen yogurt with fresh fruit
Banana peanut butter pie	Banana with a thin spread of peanut butter and a drizzle of chocolate syrup
Cake with chocolate frosting	Half a waffle with 1 Tbsp of Nutella
Apple cobbler	Freshly sliced apple with 1 tsp honey and a sprinkle of cinnamon
Brownie sundae	Share with friends

On occasion, a cookie or piece of cake can fit into a balanced diet. There are no "good" or "bad" foods, just remember the key to a healthy diet is moderation.

*I knew you were truffle when you walked in*

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References: *Keeping Pace with Your Eating: Visual Feedback Affects Eating Rate in Humans*. Available at:

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