



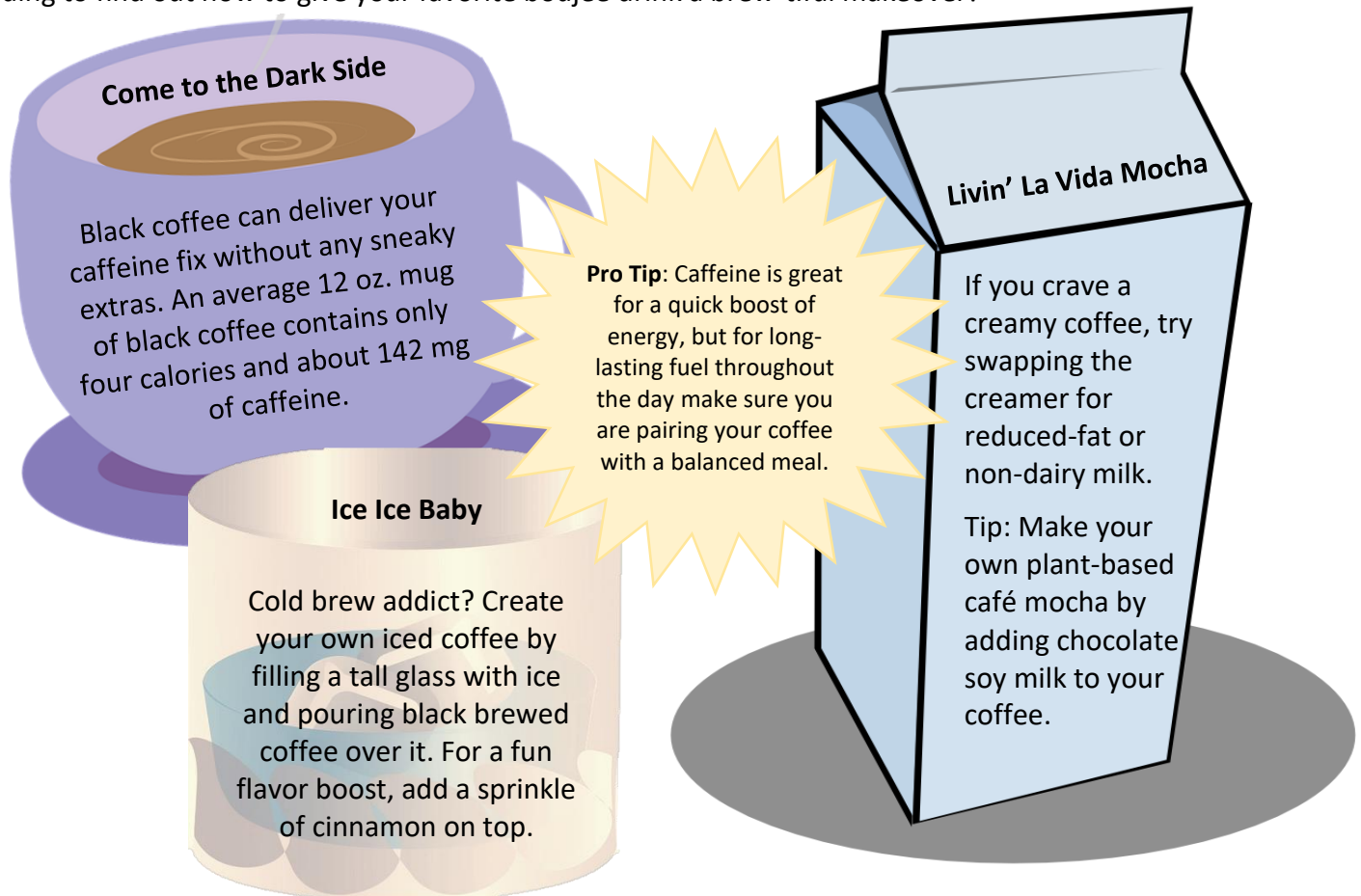
EATING 101 RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute of Food, Nutrition, and Health

Espresso Yo'self

With specialty coffees taking the world by storm, the average “cup of joe” just does not cut it anymore. However, one thing you may not realize when ordering your favorite Frappuccino or latte is that it may be loaded with saturated fat and added sugar. Luckily, whether you are at home, on campus, or at your local coffee shop, there are still ways to make a tasty drink while limiting those hidden extras. Keep reading to find out how to give your favorite boujee drink a brew-tiful makeover!



Maybe she's born with it, maybe it's caffeine!

Revised By: Alice Stejskal

References: 2015-2020 Dietary Guidelines: Answers to Your Questions. Available at: <https://www.choosemyplate.gov/node/5679>. Accessed on September 13, 2020.

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Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru_hdt), Instagram (@ru_hdt), Snapchat (ru_hdt) or email peggyp@dining.rutgers.edu.