



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

Power Packed Pantry

Free up some space in your pantry and make room in your fridge. Here are some basic nutrition necessities for your very own POWER PACKED PANTRY. Stock up on the foods below to help support healthy meals and snacks at home.



Grains

Make half your grains whole! Whole grains are full of B vitamins and provide the energy needed to start off the day.



- Whole grain cereal
- Brown rice
- Whole wheat pasta

- Granola bars
- Whole grain crackers
- Popcorn

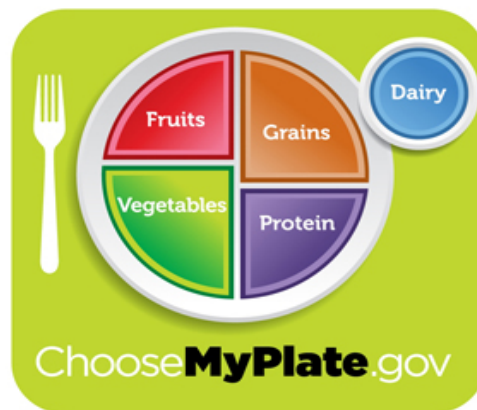
- Oats/Oatmeal
- Whole wheat bread
- Whole wheat flour



Vegetables

Vary your veggies to get a variety of essential nutrients. Try canned, frozen, or fresh.

- Carrots, Broccoli, Cauliflower, Onions, Potatoes, Tomato Sauce, Green Beans, Peas, Corn, Spinach



Protein

Protein is a building block for your body and your pantry. Stock up on both animal and plant protein sources.

- Nuts/Seeds, Nut Butter, Canned Beans, Lentils, Tofu, Frozen Chicken, Canned Tuna or Salmon



Fruits

Focus on fruits for fiber



- Frozen Fruit, Canned Fruit (packed in its own juice), Applesauce, Apples, Oranges, Lemons, Dried Fruits



Dairy

Use dairy in small amounts.



- Cheese, Yogurt (with live active cultures), Milk or Milk Alternatives (Soy, Almond, Oat)

***For breakfast, dinner and lunch-
these foods will pack a powerful punch!***

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References: McGuire M, Beerman KA. Nutritional Science From Fundamentals to Food. Belmont, Calif: Thomson/Wadsworth; 2007.

ChooseMyPlate. U.S. Department of Agriculture. Available at <https://www.choosemyplate.gov/>. Accessed March 31, 2020

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