



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

Eating for the Seasons

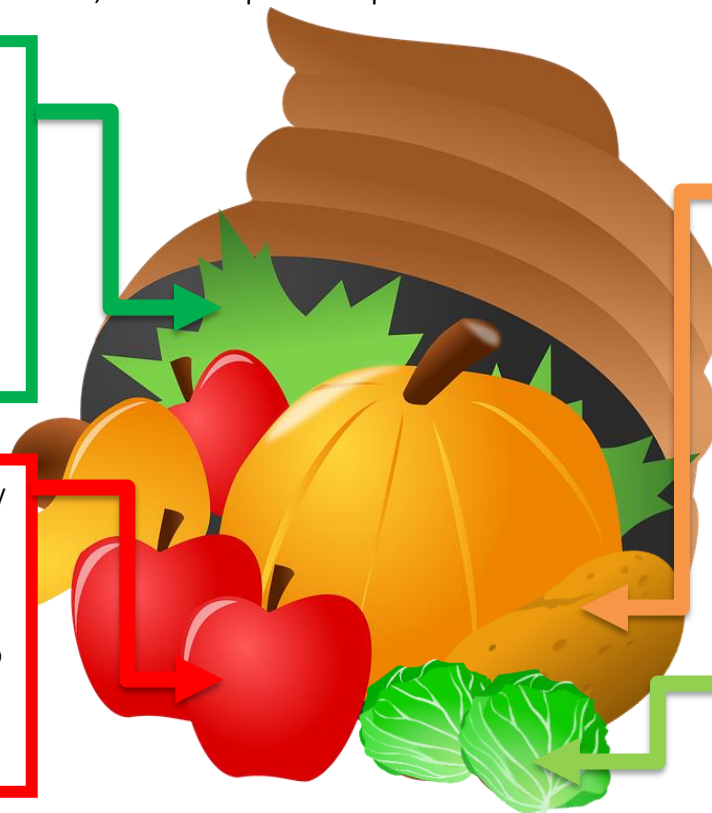
When you think of autumn, do images of pumpkins, apples and sweet potatoes immediately pop into your head? These colorful foods are in abundance once the weather starts to change. Below you will find information on some of the most popular fall foods, as well as tips to incorporate these seasonal offerings into your meals.

Kale is an excellent source of Vitamin C, a powerful antioxidant that helps support the immune system. Find kale too tough? Give it a massage! First, remove the center rib or stem and tear up the leaves. Next, massage the leaves with olive oil and a squeeze of lemon. This will create more tender leaves.

Apples are a good source of dietary fiber, which helps support digestion and overall gut health. Explore the many varieties and colors of apples, as they all offer similar nutritional benefits. Slice up an apple and add it to your oatmeal or grab one on the go for a quick healthy snack.

Sweet Potatoes pack a powerful punch of vitamin A. They can be prepared mashed, baked, or stewed in soups. In the mood for fries? Try a baked sweet potato version. No matter what you are in the mood for, there is a sweet potato for you.

Brussels Sprouts are an excellent source of the essential nutrient, folate. Craving crispy? Try making Brussels Chips! Peel off the leaves and spread on a sheet pan. Add salt, pepper, garlic powder, parmesan and olive oil. Roast in the oven at 400 °F for about 10 minutes or until golden and crisp.



Since a lot of produce is available year-round, it can be easy to lose track of seasonality. Foods that are produced in season are less of a burden on the soil and reduce your carbon footprint. Support New Jersey farmers by purchasing seasonally and locally whenever possible.

Eat Autumnal: Don't Let Your Nutrition Fall Short!

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References: *The many types and health benefits of kale*. Available at: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/the-many-types-and-health-benefits-of-kale> Accessed on: 9/27/2020. *Health Benefits of Apples*. Available at: <https://www.todaysdietitian.com/newarchives/0919p46.shtml> Accessed on: 10/2/2020. *The Beginner's Guide to Cruciferous Vegetables*.

Available at: <https://www.eatright.org/food/vitamins-and-supplements/nutrient-rich-foods/the-beginners-guide-to-cruciferous-vegetables> Accessed on: 10/2/2020.

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