



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



The Secret Identity of Superfoods

Don't be fooled – adding a *superfood* to your plate will not give you *superpowers*, but it may provide you with a powerful, nutrient-rich punch. Foods coined as *superfoods* are thought to contain high levels of nutrients, be linked to prevention of disease, or provide health benefits. However, this term is not scientifically defined or regulated, making it difficult to identify if they are actual heroes. Help is on the way! Read below to uncover your friendly neighborhood superfoods hidden in plain sight in the dining halls.



Find me on the salad bar and put me on your breakfast yogurt parfait!

Berries: Many types of fruits make the cut for the *superfoods* list, but berries are the small and mighty underdog. Blueberries contain antioxidants, including vitamin C. Vitamin C helps support collagen production, keeping your skin plump, strong, and healthy.

Green Leafy Vegetables: In case you need more reasons to eat your vegetables, dark leafy greens such as spinach, kale, and broccoli are some of the only excellent sources vitamin K, which has been linked to maintaining proper bone health.

I can be found in the cook to order stations. Try me in your favorite stir-fry or pasta dish!



I may be hiding on the Entrée line. Add me as your protein to your favorite lunch or dinner!

Fish: Fatty fish such as salmon and tuna contain omega-3 fatty acids. These healthy fats help keep your brain and memory functioning at its best ability.

Nuts & Seeds: Almonds, walnuts, cashews, chia seeds, and sunflower seeds are examples of superfoods that are plant-based proteins. Along with providing many vitamins and minerals, nuts and seeds contain healthy fats and fiber to keep your stomach feeling satiated and your gut microbiome happy.

Have me as a satisfying snack, on top of a stir fry, or as a crunchy topping on a salad!



While individual superfoods may be high in certain nutrients, to reap the most benefits, focus on creating a *super plate* filled with a variety of healthful, colorful foods. Combine your favorite foods with some of the ones listed above to make an Avengers of your own *super plate*.

Try some superfoods - it won't "kale" you

Revised By: Erin Ormsby
References: *Superfoods or Superhype* Available at: <https://www.hsph.harvard.edu/nutritionsource/superfoods/> Accessed on: September 25, 2022. *Brain Health and Fish* Available at: <https://www.eatright.org/health/wellness/healthy-aging/brain-health-and-fish> on: October 3, 2022. *Dark Green Leafy Vegetables* Available at: <https://www.ars.usda.gov/plains-area/gfnd/gfhnrc/docs/news-2013/dark-green-leafy-vegetables/> Accessed on September 28, 2022. *Role of Vitamin C in Skin Health* Available at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5579659/#_ffn_sectitle Accessed on: October 12, 2022

Reviewed By: Marina Vineis, MS, RDN, RYT- Rutgers Dining Services

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