

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

Time to Spill the Beans

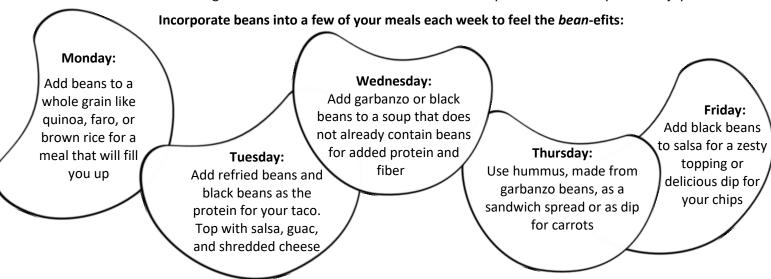
Beans often fly under the radar when we plan our meals, but there is a reason behind the saying "cool beans." With the rise of plant forward initiatives, Meatless Monday campaigns, and an increased awareness of the environmental impacts of the meat industry, it is no surprise that nutrient dense beans are gaining steam.

The Magic of Beans:

Beans are a rich source of fiber, which helps you feel full and maintains the functioning of your digestive tract. They also provide nutrients such as protein, folate, iron, magnesium, and potassium, just to name a few. Eating more beans may reduce risk factors for conditions such as heart disease, diabetes, obesity, and cancer. While they pack in a powerful nutritional punch, they are free of fat and cholesterol, making them a hearty and healthy addition to any meal.

Where Have you Bean?

The dining halls offer a variety of beans including garbanzo beans, kidney beans, and black beans located at the salad bar. There is also a plethora of entrée options that feature beans, such as composed salads and bean burgers. So make a beeline towards the beans: they are here for everyone to enjoy.



Long Live Queen Bean

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References: All About Beans Nutrition, Health Benefits, Preparation and Use in Menus. Available at: https://www.ag.ndsu.edu/publications/food-nutrition/all-about-beans-nutrition-health-benefits-preparation-and-use-in-menus. Accessed on: September 12, 2017. Nutritional and health benefits of dried beans. Available at: http://ajcn.nutrition.org/content/100/Supplement_1/437S.full. Accessed on: September 12, 2017. The Nutritional Value and Health Benefits of Chickpeas and Hummus. Available at: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5188421/. Accessed on: September 12, 2017.

Questions? Follow our Facebook (RU Healthy Dining Team), Twitter (@RUHDT), Instagram (@RU_HDT), SnapChat (RU_HDT) or e-mail us at peggyp@dining.rutgers.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at http://food.rutgers.edu.



