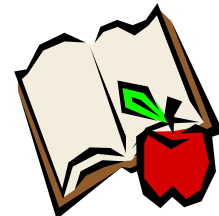




# EATING 101

## 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

## Who is the **Rutgers** Healthy Dining Team?

*Imagine...* You head to the dining hall, you swipe in, and just before you hit food nirvana, a group of students in black shirts and shiny white nametags beckon you to play their game. You think to yourself, "Self... play a game, answer a few nutrition questions, and win a prize...I'm in!" You have officially entered the *Healthy Dining Team* zone.

**WHO WE ARE:** Our goal is to educate the college population about nutrition and to provide the necessary tools to adopt healthy eating habits while dining on campus. The team consists of nutritional sciences undergrads under the guidance of Dr. Peggy Policastro, RDN.

**READ ONE:** The team writes weekly nutrition newsletters that can be found in the dining halls, around campus, and in electronic form on our social media platforms. The newsletters cover topics utilizing the most current evidence-based nutrition information. Each newsletter is carefully reviewed by a Rutgers expert in the nutritional science field.



**STOP BY:** Every three weeks, The Healthy Dining Team brings a creative and interactive nutrition booth to the dining halls. These booths are a great way to test your knowledge on nutrition by participating in an exciting game with a chance to win a prize. In addition to nutrition education booths, the Healthy Dining Team is also involved with conducting research during booth hours.

**HAVE FUN:** The Healthy Dining Team hosts many exciting programs through Dining Services. Check out our social media sites for upcoming events such as *An Evening of Healthy Indulgences* promo night in the dining halls, Iron Chef competitions, and cooking demos with our dining hall chefs.

**SERVING YOU:** We are here to help you make healthier food and lifestyle choices. Do you have a nutrition question? Stop by one of our booths or connect with us on social media. We can be found on Twitter (@RUHDT), Facebook (search "RU Healthy Dining Team"), Instagram (@RU\_HDT), and SnapChat (ru\_hdt).

**Are you studying Nutritional Sciences and are interested in Joining the Healthy Dining Team?**

Email [RUHealthyDiningTeam@gmail.com](mailto:RUHealthyDiningTeam@gmail.com) for more information on how to apply.

## Use Our Knowledge to Help You Eat Healthy at College!

Revised By: Sofia Zois

Reviewed By: Dr. Peggy Policastro, RDN- IFNH and Dining Services

References: Rutgers Dining Services. Available at: [www.food.rutgers.edu](http://www.food.rutgers.edu). Accessed on November 27, 2017.

Questions? Follow us on our Facebook (**RU Healthy Dining Team**), Twitter (**@RUHDT**), Instagram (**@RU\_HDT**), SnapChat (**RU\_HDT**) or e-mail us at [peggyp@dining.edu](mailto:peggyp@dining.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>.