

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 B Vitamin Family

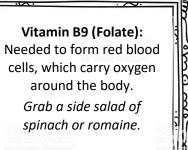
We often strive for A's, but B's are important too. Meet the B Vitamin family, where every member contributes in its own special way to provide your body with essential nutrients for energy, metabolism, and maintaining a healthy immune system.

Vitamin B1 (Thiamin):

Helps your body break down carbohydrates into energy.

Opt for whole grain pasta options when you are at the pasta bar.

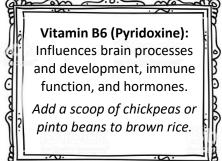




Vitamin B2 (Riboflavin):

Involved in energy production, supports vision and skin health. Yogurt is a good source of riboflavin; add some to your oatmeal for

breakfast.



Vitamin B12 (Cyanocobalamin):

Found in animal source foods, B12 is needed to produce and maintain nerve cells.

Choose salmon or cod as an entrée for lunch or dinner.





You Better B-lieve it!





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References: What Are B-Vitamins and Folate? Available at: www.eatright.org/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/what-are-b-vitamins-and-folate/ Accessed on: November 14, 2018

Vitamin B. Available at: https://www.betterhealth.vic.gov.au/health/healthyliving/vitamin-b/ Accessed on: November 14, 2018

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