



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

Plants Can Be Protein Too

Tired of always eating chicken as your main protein source? At your next meal, consider swapping it for nutritious plant-based sources of protein to add variety to your diet. More than 50% of Americans over the age of one are currently meeting or exceeding their protein recommendation. Many plant sources contain sufficient amounts of protein that can help you meet your daily requirement. The power of plants has been getting attention due to their sustainability and health benefits. A plant forward diet can be adopted by anyone, you do not have to be a vegetarian or vegan.

Benefits of Consuming Plant Proteins:

- Cost effective, environmentally sustainable, decreased saturated fat intake, increased fiber intake, may reduce risk of diabetes, obesity, heart disease, and cancer

Plant Protein Sources:
Nuts, beans, lentils, seeds, whole grains, tofu, and edamame

Menus of Change Tips:

- Move nuts and legumes to the center of the plate
- Use poultry and eggs in moderation
- Choose red meat less often
- Make produce the focal point of your plate

Meal and Snack Ideas:

- Spread peanut butter on a whole wheat bagel instead of cream cheese
- Add mixed nuts or tofu to a salad instead of grilled chicken
- Build a burrito bowl with tofu, quinoa, and beans, and a variety of vegetables
- Try the Scarlet Knight burger (50/50 beef and mushrooms)
- Dip raw veggies into hummus
- Pack mixed nuts or seeds as a snack between meals

Take a leaf of faith!

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Sources: *Plant-Based Sources of Protein*. Available at: <https://permaculturenews.org/2017/06/23/plant-based-sources-protein/> Accessed on: 11/28/18. *Nutritional Update for Physicians: Plant-Based Diets*. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3662288/> Accessed on: 11/28/18. *Public views of the benefits and barriers to the consumption of a plant-based diet*. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/16452915> Accessed on: 11/28/18. *Principles of Healthy, Sustainable Menus*. Available at: <http://www.menusofchange.org/principles-resources/moc-principles/> Accessed on: 11/28/18.

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