

# 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

## Let's Toss this Salad

If salads only make you think of Bugs Bunny and Popeye, then you are doing salads wrong. In reality, salads are what we make of them. Whether you like your salad chopped or tossed, and with so many ways to customize your own, it is near impossible *not* to find a salad that works for you. Just like when composing your perfect salad, read from the bottom up.

#### **Protein Positivity**

Choose from a variety of lean proteins such as grilled chicken, egg whites, and fish.

For a plant-forward option, try tofu, beans, chickpeas, or quinoa.

#### Sweet and Savory Harmony

Balance your plate and palate with toppings from both the sweet and savory sides of flavor.

Sweet
Dried fruit
Red bell peppers
Tomatoes

**Beets** 

Savory
Sunflower seeds
Broccoli
Olives
Mushrooms

#### **Dress to Impress**

Drop the creamy dressing and accessorize your salad with a non-processed healthy fat/acid alternative.

Healthy fat: olive oil

Acid: balsamic vinegar,

lemon juice, red

wine vinegar

#### **Green Machine**

Every green masterpiece starts with a great base.
Choose from a variety of leafy greens in the dining halls such as spring mix, romaine lettuce, and spinach for a rock salad foundation.

Salads should be celebrated for their versatility, not demonized for their assumed monotony. There are no rules when it comes to what you can and cannot add to your salad, so feel free to add as many healthy treats as you please.

### Romaine Calm and Lettuce Eat Salads

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Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru\_hdt), Instagram (@ru\_hdt), Snapchat (ru\_hdt) or email peggyp@dining.rutgers.edu.



