



EATING 101

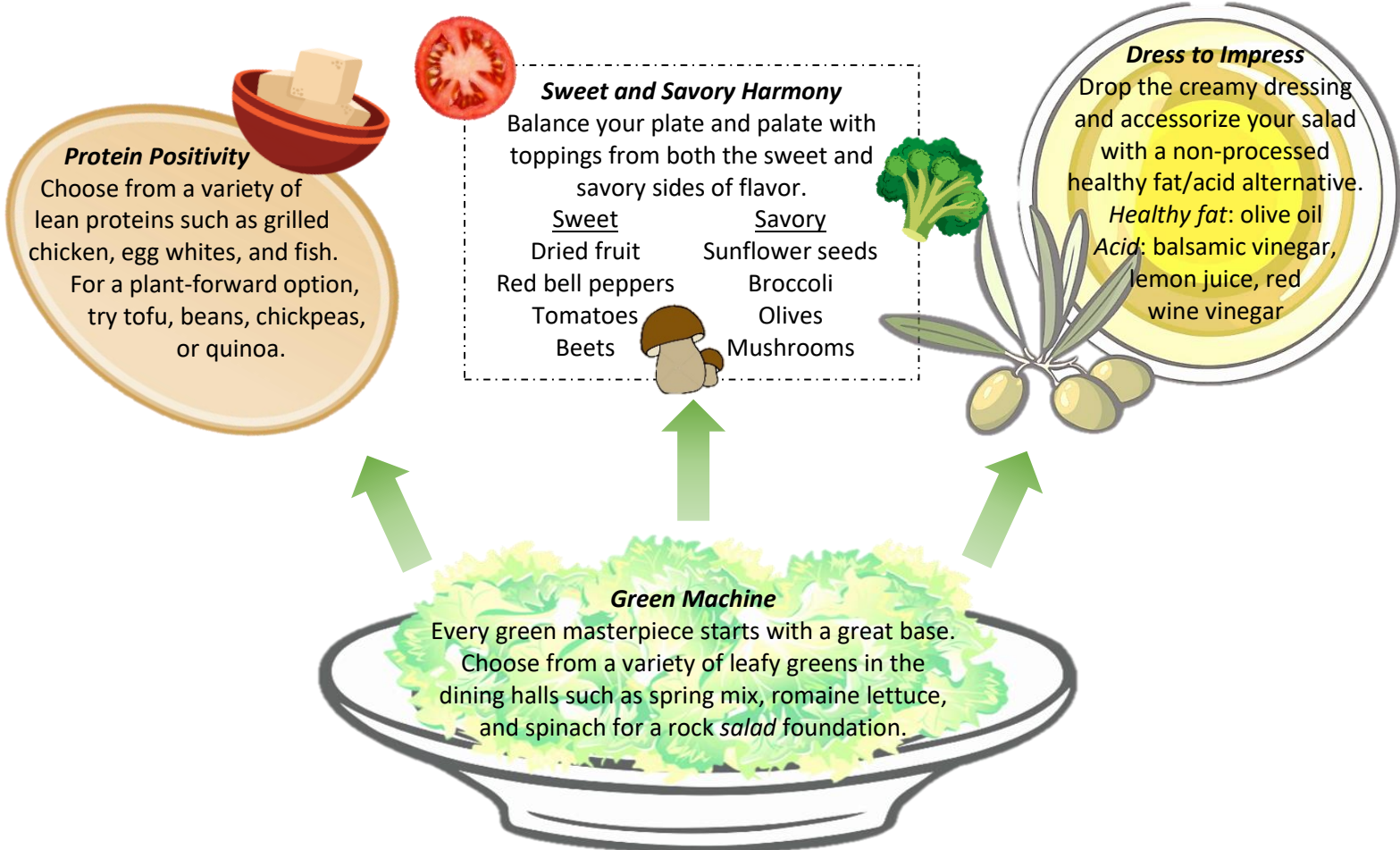
RU DINING HEALTHY?

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.



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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References: *Rutgers Dining*. Accessed on March 25, 2019. Available at: food.rutgers.edu.

Brown, Amy. *Understanding Food Principles and Preparation*, 6th ed., Cengage Learning, 2019.

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