

EATING 101 RU DINING HEALTHY?

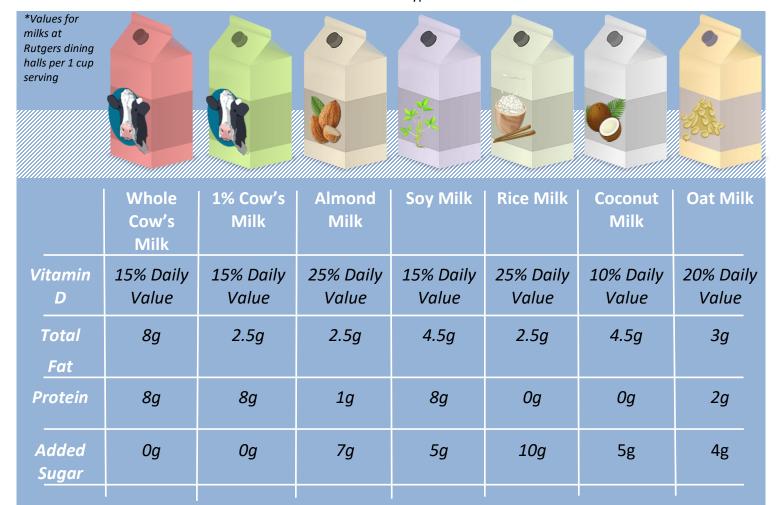


A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Moo Goes There?

With so many types of dairy and plant-based milk alternatives, choosing which to drink can be *udderly* confusing. The dining halls offer a variety of non-dairy milks including soy, almond, oat, coconut, and rice milk. How do these varieties stack up nutritionally against one another? Versus cow's milk? While all of these options generally contain adequate amounts of calcium, other nutritional aspects may differ. Refer to the chart below to compare key nutrients in each type of milk.



Don't Let Nutrition Facts Go Past-eur-ize!

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