

EATING 101 RU DINING HEALTHY?

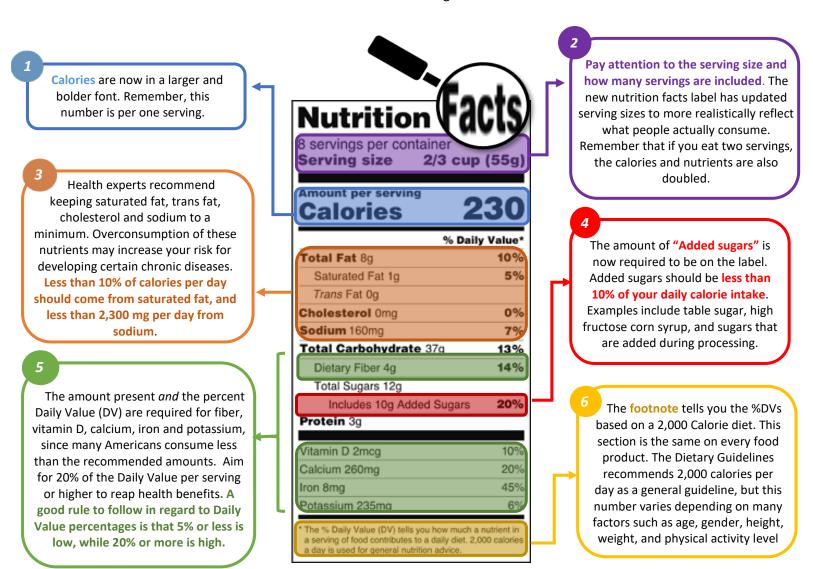


A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

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

The (New)trition Facts Label

The Nutrition Facts Label: relevant health information or just a confusing chart? While at first glance it may seem packed with too many numbers, the recently updated nutrition facts label can be a useful guide for making healthier food choices. Read below to get a closer look.



Your Cheat Sheet to Good Eats

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References: Dietary Guidelines for Americans 2015-2020. Available at: http://health.gov/dietaryguidelines/2015/guidelines/. Accessed on: October 15, 2019. Changes to the Nutrition Facts Label. Available at: https://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label.

Accessed on October 15, 2019. New and Improved Nutrition Facts Label. Available at: https://www.fda.gov/food/nutrition-education-resources-materials/new-and-improved-nutrition-facts-label. Accessed on: October 15, 2019.

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