



# 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

## Sensational Seeds

No nuts about it! Nuts are often touted as a nutrient dense, plant-based food, while seeds often get the short end of the stalk. Although smaller than their nutty cousins, seeds still pack a nutritional punch. Aside from adding extra flavor and crunch to your food, chia, flax, sesame, and pumpkin seeds can contribute to a healthy diet by providing unsaturated fats, dietary fiber, and protein. They are also a great substitute for those allergic to peanuts and/or tree nuts. Succ-seed in planning your next balanced meal by following the tips below.

### Flax Seeds

Flax seeds are one of the best plant sources of **omega-3 fatty acids**, which have been associated with reduced inflammation.

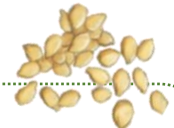
Next time you are at Harvest Café on Cook or the Harvest Juice Bar on Busch, try adding flax seeds as a nutritional boost to your **smoothie**.



### Sesame Seeds

Sesame seeds, particularly in the form of sesame oil, are high in **lignan**; a powerful antioxidant that may help lower blood pressure.

Tahini, which is made from ground sesame seeds, is one of the main ingredients in hummus. Add **hummus** to your sandwich at the deli station. Look for sesame oil at the **Mongolian Grill** in the dining halls.



### Chia Seeds

One serving of chia seeds provides almost 50% of the recommended amount of **fiber** and 18% of the recommended amount of **calcium**. These seeds also provide a source of **plant-based protein**.

Chia seeds can be included in your **smoothie** at Harvest Café or Harvest Juice Bar.



### Pumpkin Seeds

One serving of pumpkin seeds (pepitas) contains over 40% of the recommended daily intake of **magnesium**. This mineral is often lacking in the American diet and is important in maintaining overall health.

Pumpkin seeds can be found at the **salad station** in the dining halls. Swap out croutons for pumpkin seeds to add a satisfying crunch to your soup or salad.



*Seeds are calorie-dense, so make sure to keep your portions in check and to avoid consuming them in excess. The standard serving size for seeds is 1oz, or about two tablespoons.*

## Plant the Seed of Knowledge

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