



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

Think of the *Pasta*-bilities

Do you ever crave some spaghetti when you get *upsetti*? While pasta might be a go-to for many when feeling stressed, it can also serve as a nourishing and balanced meal option when incorporating the right ingredients. Unfortunately, traditional sauces and toppings, such as Alfredo sauce and prosciutto, may increase the saturated fat content of your meal. These ingredients should be limited, as consuming too much could increase the risk of weight gain and heart disease. Read below to learn how to dress your pasta to im-*pesto* for your taste buds and your health when you need an anti-*dough*-te for your cravings.

Pasta

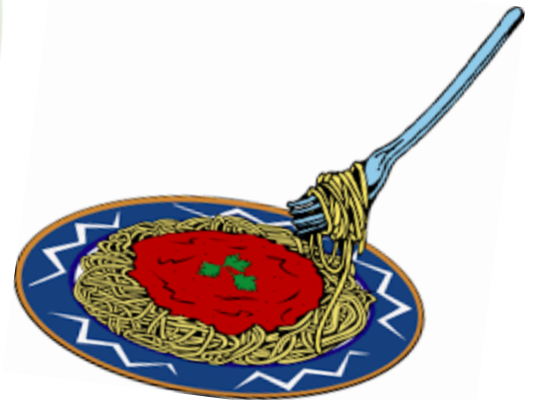
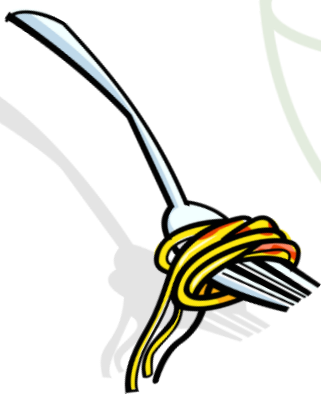
Choose 100% whole grain or chickpea pasta as opposed to refined white pasta. Both 100% whole grain pasta and chickpea pasta provide a good source of dietary fiber. Chickpea pasta provides more than double the amount of potassium than regular pasta. It is recommended that whole grains be at least half of your daily grain intake.

Sauce

Creamier sauces, such as Alfredo, carbonara, and vodka, tend to be high in saturated fat. Next time you are at the Cook to Order station in the dining halls, opt for a sauce with healthy oils such as marinara, olive oil and garlic, or pesto.

Toppings

Mix in cooked vegetables, such as sauteed broccoli, roasted peppers, caramelized onions, or mushrooms into your pasta at the Cook to Order station or take vegetables from the salad bar and bring to the Cook to Order station. Adding a variety of vegetables to your pasta will add flavor, nutrients, and color appeal to your dish.



There is nothing to be Alfredo '!

Reviewed By : Rachel Ho

Works Cited: *Grains*. Available at: <https://www.myplate.gov/eat-healthy/grains> Accessed on: 3/31/22. *Chickpeas Pasta*. Available at: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/651828/nutrients> Accessed on: 3/31/22. *Facts about saturated fats*. Available at: <https://medlineplus.gov/ency/patientinstructions/000838.htm> Accessed on: 3/31/22.

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