



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

Fuel Like Pro(tein)

You have probably seen it trending: protein shakes, high-protein sacks, and “protein hacks” taking over social media. This mighty macro may speed up recovery, reduce muscle loss, build lean muscle, and keep you full and fueled. Protein is a key player in a balanced diet, so how much protein should you be eating? The Healthy Dining Team is here to provide some meaty tips for managing a well-balanced diet that includes the right amount of protein for you.

Just the Right Bite of Protein:

- It is recommended that 10-35% of daily calories come from protein, which equates to around 200-700 calories for a standard 2,000-calorie diet.
- The Recommended Dietary Allowance (RDA) for college-age students is 0.80 grams per kilogram of body weight.
- Some risks of eating too little protein include:
 - o Loss of muscle mass, strength, and tone.
 - o Weakened immune function makes you more susceptible to illness.
 - o Fatigue and difficulty recovering from physical activity.

Have you reached a protein plateau? Here are a few foods that could make getting enough protein in your diet as easy as ever.

Sources for Protein-Powered Balance:

Snacks: hard-boiled eggs, trail mix, cottage cheese, edamame, Greek yogurt.

Plant-based favorites: tofu, beans, lentils, quinoa, tempeh.

Lean meats: lean beef, pork, seafood, and poultry.

Our busy lives can sometimes get in the way of staying healthy, and while the benefits of protein are numerous, it is important to keep a balanced diet of fats and carbs. Next time hunger hits while you're out, reach for a protein-packed snack to keep you energized and satiated. Satisfy your mind, body, and gut with a balanced diet that prioritizes all your essential nutrients.

Fueling Your Goals One Protein-Packed Bite at a Time!

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References: *Why is Protein Important in Your Diet?* Available at: <https://www.piedmont.org>. Accessed on: October 3, 2025. *Protein may help boost weight loss and improve overall health.* Available at <https://www.kumc.edu/about/news/news-archive/protein-benefits.html>. Accessed on: October 3, 2025. *Protein, Weight Management, and Satiety.* Available at: <https://pubmed.ncbi.nlm.nih.gov>. Accessed on: October 3, 2025. *Dietary Guidelines for Americans 2020-2025.* Available at: [diet.gov](https://www.diet.gov). Accessed on: October 24, 2025.