



# 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

## RDN Spotlight: Shining a Light on Our Nutrition Experts

Registered Dietitian Nutritionists (RDNs) are the real deal regarding food and nutrition. From hospital wards to corporate boardrooms, RDNs are making a difference. They can be found crafting medical meal plans, leading culinary teams, consulting for food brands, championing community health, or diving deep into groundbreaking nutrition research. Did you know Rutgers Dining Services has its very own talented RDNs? Read below to learn more about our dynamic trio: Dr. Peggy Policastro RDN, Alison Brown, MS, RDN, and Marina Vineis, MS, RDN, RYT.

### Dr. Peggy Policastro, RDN

**Education:** BS in Nutritional Sciences and RDN credential from University of Delaware; MS in Applied Nutrition and PhD in Interdisciplinary Studies (Nutritional Sciences and Psychology) from Rutgers University

**Favorite thing about being a Rutgers RDN:** “Empowering students with dietary restrictions to navigate campus dining with confidence and enjoy a nutritious, inclusive dining experience. The Rutgers Healthy Dining Team is my passion, and I cherish witnessing their professional development under my guidance.”

**Best Advice for Students in the Dining Hall:** “Experience the diverse culinary offerings in the dining hall, experimenting with flavors you have yet to discover. Share meals with friends and opt for fresh, unprocessed foods while limiting sugary drinks.”

### Alison Brown MS, RDN

**Education:** BS in Nutritional Sciences and MS in Community Nutrition from Rutgers University; Dietetic Internship at Rutgers, formally known as UMDNJ

**Favorite thing about being a Rutgers RDN:** “Working with students is incredibly rewarding. What you eat impacts many aspects of your life. Having access to food that meets dietary needs and preferences supports a student’s health, academic success, and overall college experience, while also fostering a sense of belonging on campus.”

**Best Advice for Students in the Dining Hall:** “Enjoy a variety of vegetables and fruit! By filling half your plate with vegetables and fruit, you are fueling your body with essential vitamins, minerals, and fiber, which support your energy, focus, and overall

### Marina Vineis, MS, RDN, RYT

**Education:** BS and MS in Nutritional Sciences from Rutgers University; Dietetic Internship at Beth Israel Deaconess Medical Center in Boston; Marina is also a Registered Yoga Teacher!

**Favorite thing about being a Rutgers RDN:** “Meeting with students to help them make safe and nutritious choices, as well as getting to eat great food on campus!”

**Best Advice for Students in the Dining Hall:** “Try adding more plant-based foods to your plate for a healthy and sustainable choice. When looking at the online menus, try choosing more items with green (low carbon footprint) icons.”

Our love for RDNs is *well-balanced!*

Authored By: Holly Dorsett

Reviewed By: Dr. Peggy Policastro-Dining Services/IFNH

References: *Become a Registered Dietitian*. Available at: <https://www.eatright.org/become-an-rdn>. Accessed on 11/13/24.



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