



# 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

### Strawberry Social

Strawberries are not just cute and heart-shaped, they are a sweet and nutritious way to boost your health. This sweet fruit may support your immune system, promote healthy skin by aiding collagen production, and help with weight management. Curious what nutrients give strawberries their superpowers? The Healthy Dining Team is spilling some (berry) juicy tea below.

#### Vitamin C Powerhouse

Living in a dorm is basically like living in a giant petri dish. One serving of strawberries has more Vitamin C than an orange. This helps keep your immune system strong when the “campus flu” starts making its rounds.



#### Cognitive Support

When you are juggling classes, exams, and late-night study sessions, brain power matters. Research suggests that eating strawberries may help support memory, focus, and mental processing over time. These benefits *stem* from strawberries’ antioxidants, which help protect brain cells and reduce inflammation, both important for keeping your brain running.



**Fiber** is considered by the American Heart Association to be important for heart health. Unlike a candy bar, strawberries provide a sweet fiber fix, meaning you will not hit that 3:00 PM wall quite as hard. One serving (8 large strawberries) contains 3 grams of dietary fiber, which counts towards your daily recommended fiber intake.



**Here are some tips to incorporate this powerful fruit into your diet when in the dining hall:**

- ♥ Add sliced strawberries to a salad
- ♥ Stir fresh strawberries into plain yogurt to add flavor without refined sugar
- ♥ Spoon some strawberries onto your breakfast cereal for an added treat
- ♥ Dip strawberries into honey for a lighter dessert
- ♥ Drizzle balsamic vinegar over strawberries for a sweet and savory snack

*Berry good choices start here*



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References: *All the Reasons You Should Eat Strawberries*. Available at: <https://health.clevelandclinic.org/benefits-of-strawberries> Accessed on February 2, 2026. *Strawberries: A nutrient powerhouse*. Available at: <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/strawberries-a-nutrient-powerhouse> Accessed on February 2, 2026. *Strawberries pack big health benefits*. Available at: <https://blogs.ifas.ufl.edu/taylorco/2022/01/12/strawberries-pack-big-health-benefits/> Accessed on February 18, 2026.