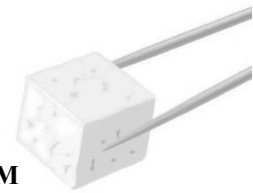




EATING 101

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



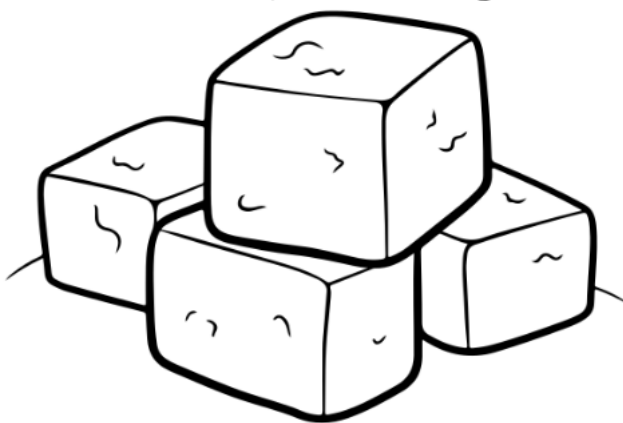
Totally Tofu: Discover Protein-Packed Possibilities

Looking to include more plant-based protein in your diet? Let's talk tofu. This versatile plant-based protein powerhouse offers a silky texture, neutral taste, and a nutritional profile that is hard to beat. Whether you prefer it extra-firm for stir-fries or soft for creamy desserts and soups, tofu is a blank canvas ready to absorb the flavors of your favorite dishes. You may be *soy-prized*; just one serving of tofu packs in 22 grams of protein—similar to 3 oz. of animal-based protein! So, get in on the *to-fun* and add tofu to your dining hall meal!

Craving something new and delicious? Ditch the usual protein options and try tofu in the cook-to-order stir-fry and pasta lines.

Head to Scarlet Ginger at the Atrium for a tofu poke bowl that is packed with flavor and nutrition.

TOFU



Looking to add a protein punch to your salad? Head to the salad bar and grab some tofu to top off your meal.

This versatile ingredient is a complete protein, meaning it contains all nine essential amino acids that your body needs.

Whether you are a vegetarian, vegan, or simply looking to add more plant-based protein to your diet, tofu is a delicious and nutritious choice.

I'm soy happy the dining hall has tofu.

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References: *Building a Healthy Vegetarian Diet: Myths and Facts* Available at:

<https://www.eatright.org/health/wellness/vegetarian-and-plant-based/building-a-healthy-vegetarian-diet-myths>. Accessed on 10/14/24. *Clearing Up Questions on Whether Tofu is Healthy*. Available at:

<https://www.heart.org/en/news/2022/10/10/clearing-up-questions-on-whether-tofu-is-healthy>. Accessed on 10/14/24.