

HEALTHY DINING TEAM



EATING VEGETARIAN OR VEGAN at Rutgers Dining Facilities

WHAT IS A VEGETARIAN DIET?

A vegetarian diet is one which omits fish, meat, poultry, and animal by-products such as gelatin. A vegetarian diet may include eggs, dairy, and all plant-based foods.



WHAT IS A VEGAN DIET?

A vegan diet omits all meat and animal products, including eggs and dairy. Other foods, like honey, are typically not included in a vegan diet as they are produced by or from animals. A vegan diet only includes 100% plant-based foods such as fruits, vegetables, grains, nuts/seeds, legumes/beans, and plant-based meat alternatives.



HOW CAN I TELL IF A FOOD ITEM IS VEGAN OR VEGETARIAN?

Ingredients, as well as nutrition facts of recipes and food items, can be found on the dining website food.rutgers.edu or the myRutgers app. Feel free to ask for a Dining Hall Manager if you have questions while dining.



IS FOLLOWING A VEGETARIAN OR VEGAN DIET HEALTHY?

Following a vegetarian and/or vegan diet has been found to be a perfectly healthy way of eating, as long as all dietary requirements are fulfilled. A properly balanced vegetarian or vegan diet typically contains just as much protein as a meat-based diet.

With proper food choices, research has shown that vegetarians and vegans often have reduced risks of developing:

- Certain kinds of cancer
- Heart disease
- Hypertension
- Type II Diabetes
- Obesity



A vegetarian and vegan diet should contain a variety of different foods to ensure proper nutrition. Some potential nutrients that may be lacking in vegan diets include:

- Vitamin B-12
- Iron
- Zinc
- Vitamin D
- Calcium



RUTGERS-NEW BRUNSWICK
Dining Services
Division of Student Affairs

food.rutgers.edu

@rudining

HOW TO EAT VEGETARIAN OR VEGAN AT RUTGERS DINING FACILITIES



Use the myRutgers App or go online at food.rutgers.edu and plan out your meals ahead of time to ensure you are eating the foods you need to achieve a balanced diet.



Worried about your dietary plan? Schedule a meeting with the Nutritionist to develop a healthy vegetarian/vegan meal plan.



Don't let yourself fall into a rut. Explore the variety of different foods offered in the dining halls to expand your palate in both flavor and nutrition.



If you have any questions about the food items in the dining halls, ask to speak with a Manager or Chef.

ARE THERE VEGETARIAN AND VEGAN OPTIONS AT DINING FACILITIES?



The Rutgers Dining Facilities offer a wide variety of vegetarian and vegan food options at every meal. To see which foods are being offered, visit food.rutgers.edu or the myRutgers app.

Some examples of vegetarian and vegan foods offered at dining facilities include:

- ✓ Hummus & beans
- ✓ Soy cheeses & vegan deli meats
- ✓ Vegetarian & vegan pasta options with nutritional yeast
- ✓ Extensive salad bar
- ✓ Sautéed & steamed vegetables
- ✓ Veggie burgers
- ✓ Rice & quinoa
- ✓ Vegan ice cream sandwiches
- ✓ Vegan egg omelet
- ✓ Vegan "chicken" fingers
- ✓ Soy, almond, & rice milks
- ✓ Tofu or edamame stir-fry

DINING SERVICES CONTACTS:

BUSCH DINING HALL

848-445-4253

THE ATRIUM

848-932-7236

NEILSON DINING HALL

848-932-9798

LIVINGSTON DINING COMMONS

848-445-7250

NUTRITION/HEALTHY DINING NUTRITION SPECIALISTS:

Alison H. Brown, MS, RDN

(848) 932-3648

nutrition@dining.rutgers.edu

Peggy Policastro, PhD, RDN

(848) 932-5447

nutrition@dining.rutgers.edu

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.



RUTGERS-NEW BRUNSWICK
Dining Services
Division of Student Affairs

food.rutgers.edu

@rudining