



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

Need A Wake-Up Call?

It is 1 o'clock on a busy Thursday afternoon and you are only one hour into your three-hour lecture. As you battle to keep your eyes open and mind awake, you think to yourself, "How can I fight this mid-day slump?" Appropriately planned meals and snacks can provide consistent energy for our bodies and minds. Lean proteins, healthy fats, and complex carbohydrates such as whole grains, fruits, and vegetables should be included in your daily diet. These foods play crucial roles in enhancing energy levels and supporting overall well-being. Incorporating energizing foods and following a balanced diet can invigorate both the body and mind, leaving you ready to tackle whatever challenges come your way. Read below to learn tips on how to fuel your body with these energizing foods in the Rutgers Dining Facilities.

Eat Consistently

- Eating every 3 to 4 hours helps to avoid excessive hunger between meals and to stay focused throughout the day.
- Skipping meals can lead to overeating during mealtime, resulting in post-meal fatigue.
- Long stretches between meals? Have a healthy snack on hand.



Limit sugary drinks and foods like energy drinks, soda, and candy. These may provide a short term burst of energy, but this will lead to a crash later. Opt for water or unsweetened tea instead.

Balance your Meal

Combining a variety of food groups provides essential nutrients and long-lasting energy. A balanced meal incorporates multiple food groups including:

- Lean protein
- Whole grains
- Healthy fats
- Fiber-rich fruits and vegetables.

Savvy Snacks

Pairing a lean protein with a fiber-rich carbohydrate provides satiety and sustained energy. Try these hunger-crushing pairings:

- Half a turkey or tuna sandwich on whole wheat bread
- Hummus and carrot sticks
- Greek yogurt with fresh fruit
- Nut butter with apple slices



Power Plates

Try these energizing balanced meals to fuel your day:

- Breakfast wrap filled with scrambled eggs, spinach, chicken sausage, peppers with a sprinkle of cheese
- Mixed salad topped with dried fruit, nuts, chickpeas, lemon juice, and a side of your favorite grain
- Whole grain pasta, olive oil, shrimp, broccoli, garlic, and red pepper flakes

Wake me up before I doze-doze!

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References: *Eating to Boost Energy*. Available at: <https://www.eatright.org/health/wellness/healthful-habits/eating-to-boost-energy> Accessed on: March 27, 2024.

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