



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

How to get a 4.0 in *Eating 101*

Will the year ahead be a nutritional success or a dietary failure? The choices you make in the dining halls can be the determining factor. Rutgers Dining Services provides a buffet style service to satisfy a variety of palates and special dietary needs. There is a wide variety of a food available, but you do not have to pile your plate with *everything* to get your swipe's worth of food.

To start planning your healthy and nutritionally balanced meal, check out the menu and nutritional information ahead of time on the **Rutgers University app** or on the dining website: **food.rutgers.edu**. You can check off the food choices you are considering, and then select "create nutrition report" to access the nutrient analysis. Try using this simple tool as a guide to balance your meals and overall nutrient intake.

***Eating 101* G.P.A. Boosters**

- **Make water your beverage of choice.** Limit soda, sweetened teas, fruit drinks, and juice. They contain excess sugar, which adds empty calories. Check out the filtered water dispensers in each dining hall for ambient, cold, or carbonated water choices. For a burst of flavor, add a splash of lemon juice.
- **Make produce the focus of your plate.** Choose whole, fresh fruits and pile up the leafy greens. Half of your plate should consist of fruits and vegetables.
- **Choose to eat whole grains** like whole grain bread, brown rice, oats, and quinoa, which provide you with ample fiber. Limit processed white bread and refined flour products.
- **Try plant-forward protein options** such as legumes or tofu and limit how much red meat you eat to cut back on saturated fat.
- **Embrace healthy fats.** Unsaturated fats found in plant oils, nuts, avocados, and fish are part of a nutritionally balanced diet. Eat fatty fish once or twice a week for a healthy dose of omega-3 fatty acids.
- **Add flavor to your meal with herbs and spices** instead of reaching for the salt shaker.
- **Cut back on foods with added sugar.** For a more nutritious dessert that is still delicious, try topping a half cup of plain yogurt with sliced fruit and nuts.



Head to the dining hall for an easy way to get an 'A'!

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References: *Principles of Healthy, Sustainable Menus*. Available at: <http://www.menusofchange.org/principles-resources/moc-principles/>. Accessed on: July 19, 2018. *What Is MyPlate?* Available at: <https://www.choosemyplate.gov/MyPlate>. Accessed on: July 19, 2018. *Everything You Eat and Drink Matters*. Available at: <https://www.choosemyplate.gov/variety>. Accessed on: July 19, 2018. *Menus of Change*. Available at <http://food.rutgers.edu/menusofchange/> Accessed on July 19, 2018.

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