



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

Ancient Grains in a Modern World

Long ago, whole grains lived with us together in harmony. Then, everything changed when refined grain products attacked. Only ancient grains, which introduce new varieties for your daily recommended intake of whole grains, can stop them. With the same health benefits as whole grains, they are a fun way to add fiber, protein, vitamins, and minerals to your diet. Only you can master your knowledge of ancient grains to save the world from refinement.

What on earth are Ancient Grain?

Ancient grains are whole grains that have remained unchanged and unbred over the past several hundred years.

The difference between ancient grains and whole grains lies in their genetic makeup. Ancient grains are considered to be more natural because they have not been processed or modified.

Why air Ancient Grains good for me?

Ancient grains add variety to your diet- explore options beyond oatmeal and whole wheat bread for your healthy grain gains.

Much like each element in Avatar is unique, each ancient grain brings a different nutritional benefit to the table.

Many ancient grains are grown in lower pesticide and fertilizer environments, playing their part in saving the world.

What are some fire Ancient Grains?

Buckwheat
Quinoa
Chia
Farro (spelt)
Wheatberry
Millet
Amaranth

Water my Ancient Grain options at Rutgers?

While there are only four elements that can be bended in the Avatar world, there are several kinds of ancient grains to explore in the dining halls. Check your Rutgers app for daily menus and great ancient grain finds like:

Chickpea quinoa salad
Mediterranean wheatberry salad
Tofu and barley with green beans
Bulgur stuffed cabbage

Let's Gain this Grain

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