



# 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*

## Time to Spill the Beans

Beans often fly under the radar when we plan our meals, but there is a reason behind the saying “cool beans.” With the rise of plant forward initiatives, Meatless Monday campaigns, and an increased awareness of the environmental impacts of the meat industry, it is no surprise that nutrient dense beans are gaining steam.

### The Magic of Beans:

Beans are a rich source of fiber, which helps you feel full and maintains the functioning of your digestive tract. They also provide nutrients such as protein, folate, iron, magnesium, and potassium, just to name a few. Eating more beans may reduce risk factors for conditions such as heart disease, diabetes, obesity, and cancer. While they pack in a powerful nutritional punch, they are free of fat and cholesterol, making them a hearty and healthy addition to any meal.

### Where Have you Bean?

The dining halls offer a variety of beans including garbanzo beans, kidney beans, and black beans located at the salad bar. There is also a plethora of entrée options that feature beans, such as composed salads and bean burgers. So make a beeline towards the beans: they are here for everyone to enjoy.

### Incorporate beans into a few of your meals each week to feel the *bean*-efits:

#### Monday:

Add beans to a whole grain like quinoa, faro, or brown rice for a meal that will fill you up

#### Tuesday:

Add refried beans and black beans as the protein for your taco. Top with salsa, guac, and shredded cheese

#### Wednesday:

Add garbanzo or black beans to a soup that does not already contain beans for added protein and fiber

#### Thursday:

Use hummus, made from garbanzo beans, as a sandwich spread or as dip for carrots

#### Friday:

Add black beans to salsa for a zesty topping or delicious dip for your chips

## Long Live Queen Bean

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References: *All About Beans Nutrition, Health Benefits, Preparation and Use in Menus*. Available at: <https://www.ag.ndsu.edu/publications/food-nutrition/all-about-beans-nutrition-health-benefits-preparation-and-use-in-menus>. Accessed on: September 12, 2017. *Nutritional and health benefits of dried beans*. Available at: [http://ajcn.nutrition.org/content/100/Supplement\\_1/437S.full](http://ajcn.nutrition.org/content/100/Supplement_1/437S.full). Accessed on: September 12, 2017. *The Nutritional Value and Health Benefits of Chickpeas and Hummus*. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5188421/>. Accessed on: September 12, 2017.

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