



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

Body Positivity

When your Instagram feed is full of photo-shopped and airbrushed celebrities and models, it can be easy to develop a skewed perspective on what a “healthy” body looks like. Body image relates to the way you perceive your body and how you think others perceive it. While poor body image is frequently associated with women, studies show that it is also present among men. Negative body image may lead to a variety of health problems and may contribute to the development of Body Dysmorphic Disorder (BDD). This psychological disorder is characterized by intense negative body image and obsession with perceived flaws in appearance and can lead to other disorders such as anxiety or depression. By learning how to develop a healthy lifestyle that includes good nutrition, proper exercise, and a psychologically healthy view of your own body, you can live the confident life you deserve.



Eat Smart

Do not be fooled by fad diets that promise unrealistic results. Concentrate on developing a well-balanced diet rich in lean proteins, whole grains, vegetables, and fruits.



Enjoy your Exercise

Celebrate the amazing things your body can do. Rutgers Recreation offers a variety of *free* fitness classes. Find which activities you love and get your fit on.



Chef it Up

Go to food.rutgers.edu to view the daily menu and create your own signature dining hall meal. Share your healthy dish with us at the upcoming Iron Chef Competition!



Reflect Upon Yourself

Create a list of 10 things you like about yourself that are not related to how much you weigh or how you look. Add to this list as you become aware of more things you like about yourself.



Everybody has a beach body!

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References: *The Presentation of Body Dysmorphic Disorder in Medical Settings*. Available at:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC1712667/>. Accessed on: Jan 30, 2019. *Body Image*. Available at:

<https://www.brown.edu/campus-life/health/services/promotion/nutrition-eating-concerns-eating-concerns-and-body-image/body-image>. Accessed on: Jan 30, 2019. *10 Steps to Positive Body Image*. Available at: <https://www.nationaleatingdisorders.org/learn/general-information/ten-steps>.

Accessed on: Feb 10, 2019.

Questions? Like us on Facebook (**RU Healthy Dining Team**), follow us on Twitter (**@ru_hdt**), Instagram (**@ru_hdt**), Snapchat (**ru_hdt**) or email peggyp@dining.rutgers.edu.