



EATING 101

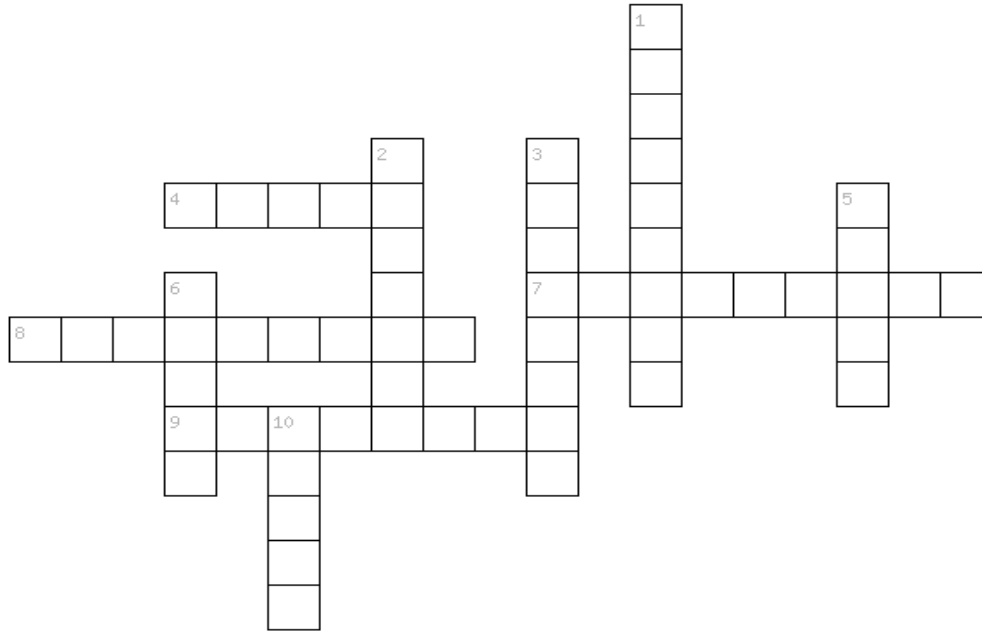
RU DINING HEALTHY?

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

Nutrition Knowledge: Crossword Chaos

Looking for something to pass the time while you wait for your next class? Test your knowledge by completing the second edition of our nutrition newsletter.



Across

- 4. Fruits, vegetables, and whole grains are high in _____, a carbohydrate that slows digestion and leaves you feeling fuller for longer.
- 7. Garbanzo beans, also known as _____, are a great source of fiber.
- 8. The Scarlet Knight burger contains a blend of 50% mushrooms and 50% beef, and is an easy way to cut down on _____ fat intake.
- 9. The _____ program, introduced to Rutgers in 2016, has prevented over 700,000 each of cups, lids, and straws from going into landfills.

Down

- 1. Harvest Café, Livingston Dining Commons, and Neilson Dining Hall offer _____ every day.
- 2. Nuts, beans, and tofu are all plant-forward foods that are high in _____.
- 3. _____ noodles, or “Zoodles” are a healthier alternative to regular pasta.
- 5. Salmon, sardines, and anchovies are all good sources of ____-3 fatty acids.
- 6. Woody’s Café, which accepts meal swipes, is located on the _____ Campus.
- 10. Menus of Change is an initiative that is supported by Rutgers that promotes a _____-forward diet.

Tag us on social media with a photo of your completed crossword puzzle – the first 10 students will win a prize!

Authored by: Megan Yuen

Reviewed by: Peggy Policastro, PhD, RDN-Rutgers Dining Services/IFNH

References: *Omega-3-rich foods: Good for your heart.* Available at: <https://www.health.harvard.edu/heart-health/omega-3-rich-foods-good-for-your-heart>. Accessed on: 4/17/2018. *Food Sources of 5 Important Nutrients for Vegetarians.* Available at: <https://www.eatright.org/food/nutrition/vegetarian-and-special-diets/food-sources-of-important-nutrients-for-vegetarians>. Accessed on: 4/17/2018.



DINING SERVICES
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