



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

A new edition of *Dear HDT* has arrived! You have questions; we have answers.

Dear HDT,

There are so many diets out there: Paleo, Vegan, Low-Carb, Low-Fat. Which one is the best?

The “best” diet is the one that fits all of your personal nutrition needs. It is never a good idea to give up a food group completely, but limiting consumption of empty calories while increasing consumption of nutrient dense foods will help you create a well-balanced diet.

Is it actually worth it to wake up a half hour earlier for breakfast?

Breakfast is the most important meal of the day, *servicing it up HDT's way*. Studies show that eating breakfast increases concentration and provides a person with sufficient energy to get through the day. It is definitely worth ditching the snooze button and waking up a little earlier to squeeze in a nutritious breakfast. The dining halls and cafes also offer grab-and-go breakfast items for when you are short on time.



Should I go on a juice diet so I can lose weight fast?

Relying on a juice only diet is never a healthy way to lose weight. A juice or smoothie every now and then is fine, but try to limit the amount of times you use them as meal replacements. Remember, there is no quick fix to weight loss.



I find myself getting hungry during my late-night library sessions. I heard that eating late at night can cause weight gain, is that true?

It is not about when you eat, it is about *how much* you eat. Overeating calories at any time of the day can lead to weight gain: morning, noon, or night. Looking for a healthy “midnight” snack? Pack veggies with hummus, popcorn, or a piece of fruit for your late night library session.

During exam periods, I find myself eating just because I am stressed. How can I manage this?

It is important to realize where your stress is coming from and how to manage it in healthy ways in order to avoid over-eating. Meditate, exercise, and get adequate amounts of sleep every night. If you struggle with managing your stress, make an appointment with one of the counseling centers on campus.

Didn't get your question answered? Find us on social media or approach us at one of our booths and ask away! You may be featured in our next edition of *Dear HDT*.

XOXO,
HDT

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References: : Make Time for Breakfast. Available at : <http://www.eatright.org/resource/food/planning-and-prep/snack-and-meal-ideas/make-time-for-breakfast> Accessed on: 16 January 2018. The Health Impact of Nighttime Eating : Old and New Perspectives. Available at : <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4425165/> Accessed on : 16 January 2018. What's the Deal with Detox Diets ? Available at : <http://www.eatright.org/resource/health/weight-loss/fad-diets/whats-the-deal-with-detox-diets> Accessed on: 16 January 2018. Tips to Manage Anxiety and Stress. Available at : <https://adaa.org/tips-manage-anxiety-and-stress#> Accessed on : 16 January 2018.

Questions? Follow us on our Facebook (**RU Healthy Dining Team**), Twitter (**@RUHDT**), Instagram (**@RU_HDT**), SnapChat (**RU_HDT**) or e-mail us at peggyp@dining.rutgers.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at <http://food.rutgers.edu>.