



EATING 101 RU DINING HEALTHY?





A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

Joint Program Between Rutgers Dining Services and the New Jersey Institute for Food, Nutrition, and Health



Beauty and the Feast

Healthy foods can have amazing benefits that may also be the key to some of the best kept beauty secrets. With a plethora of different chemicals added to beauty products, trying to make sense of all the ingredients can be overwhelming. Common foods can serve a double purpose, leaving your hair and skin beautiful both inside and out. 'Be our guest' and try out these Foodie Beauty hacks!

The Feast	Health Benefit	The Beauty	At Home Spa Treatment
<p><u>Oats</u></p> 	<p>Oats are whole grains that can potentially reduce the risk for heart disease and may lower the risk of diabetes. Oats also have a high fiber content that may keep you feeling full for longer.</p> <p><i>Enjoy a bowl of oatmeal topped with fruit to start your morning off right.</i></p>	<p><u>Oatmeal and Milk Face Mask</u></p>	<p>Applying oatmeal to skin may have a soothing effect.</p> <p><i>Measure 1 tbsp whole rolled oats and 2 tbsp water into a mixing bowl. Stir until smooth. Wash face and neck with warm water, then apply mixture. Let sit for 20 minutes, then rinse skin with lukewarm water and pat dry.</i></p>
<p><u>Cucumbers</u></p> 	<p>This naturally low-calorie snack can help keep you hydrated due to its high water content.</p> <p><i>Pair cucumbers and hummus together in the dining hall for a great snack or side to your meal.</i></p>	<p><u>Cucumber Eye Cover</u></p>	<p>Cold cucumbers have a cooling effect that may help reduce eye puffiness while the high water content hydrates the skin.</p> <p><i>Take a study break and place a cold cucumber slice on each eye for several minutes.</i></p>
<p><u>Strawberries</u></p> 	<p>Ounce for ounce, strawberries have more Vitamin C than any citrus fruit. Vitamin C supports collagen synthesis and assists in antioxidant protection against UV-induced damage.</p> <p><i>Try a pink panther smoothie at Livingston or Neilson Dining Halls or grab fresh strawberries during breakfast.</i></p>	<p><u>Strawberry and Honey Face Mask</u></p>	<p>If you have dry or mature skin, this face mask combines the exfoliating power of strawberries with the moisturizing benefits of honey.</p> <p><i>Combine 5 mashed strawberries with 1 tablespoon of honey. Apply the mixture to your face, avoiding the eye area. Rinse mask after 15 minutes and follow with moisturizer.</i></p>
<p><u>Olive Oil</u></p> 	<p>Olive oil is thought to have protective benefits for the cardiovascular system, and research has shown that regular consumption of olive oil is associated with increased longevity.</p> <p><i>Mix balsamic vinegar and olive oil for a quick DIY salad dressing.</i></p>	<p><u>Olive Oil Hair Mask</u></p>	<p>Olive oil treatments can help protect hair from breakage.</p> <p><i>Warm a half cup olive oil (don't boil), then liberally apply to hair. Cover your hair with a plastic grocery bag, then wrap in a towel. Let it set for 45 minutes, then shampoo and thoroughly rinse.</i></p>

You better Belle-ieve it!

Revised By: Jessica Carr

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

References: 6 DIY Oatmeal Masks For Flawless Skin. Available at: <https://www.siobeauty.com/blogs/news/oatmeal-face-masks>. What is a whole grain? Available at: <https://www.eatright.org/food/nutrition/healthy-eating/what-is-a-whole-grain> Accessed on: Oct 16, 2018. Cucumber: Nutrition. Selection. Storage. Available at: <http://www.fruitsandveggiesmorematters.org/cucumber> Accessed on: Oct 16, 2018. Evaluating the Potential Benefits of Cucumbers Available at: <http://www.jarcp.com/3050-evaluating-the-potential-benefits-of-cucumbers-for-improved-health-and-skin-care.html> Accessed on: Oct 16, 2018. Strawberries Available at: <http://urbanext.illinois.edu/strawberries/nutrition.cfm> Accessed on: Oct 16, 2018. The role of olive oil in disease prevention. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/26148926> Accessed on: Oct 16, 2018 The Roles of Vitamin C In Skin Health Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5579659/> Accessed on: Oct 16, 2018 4 DIY Strawberry Beauty Recipes Available at: <https://helloglow.co/strawberry-beauty->



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.