



# EATING 101 RU DINING HEALTHY?



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

A Joint Program Between RU Dining Services and The New Jersey Institute for Food, Nutrition, and Health

## Know Your Nutrients

At one point in time you may have heard of the word “macronutrients”, but have you ever really understood how macronutrients (carbohydrates, proteins and fats) work in your body? Contrary to popular fad diets, carbohydrates and fats are just as important in your diet as protein. We need a balance of all three in order to maintain a healthy diet.

### Protein

Known as the building blocks of life, this macronutrient is essential for growth, development and helping your body repair old cells and create new ones.

Sources of animal protein found in the dining hall include meats, dairy, fish and eggs.

Plant sources include soy, legumes, nuts and grains like quinoa. Combine multiple plant proteins during meals for a more complete protein source.

### Fats

While there are many sources of fats available in the dining halls, some of the healthiest options include: olive oil, avocados, nuts, and fatty fish like salmon or tuna.



This macronutrient provides flavor and satiety while helping you absorb the fat soluble vitamins A, D, E, and K.

### Carbs

Carbs are the energy powerhouse for your body. Fiber, an indigestible carb, acts as fuel for good gut bacteria. A diet high in fiber can help you maintain a healthy weight and optimal digestion.

Sources of fiber-filled foods include: oatmeal, beans, whole grain breads, and whole grain cereals.

*You have to nourish to flourish*

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References:

*Carbohydrates*. Available at: <https://medlineplus.gov/ency/article/002469.htm>. Accessed on November 25, 2017. *Proteins in Diet*. Available at: <https://medlineplus.gov/ency/article/002467.htm>. Accessed on November 25, 2017. *Nutritional Sciences: From Fundamentals to Food, Third Edition*, M. McGuire, K.A. Beerman. Accessed on November 28, 2017.

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](mailto: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>.