



# 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

## March is National Nutrition Month®

Celebrate National Nutrition Month by **Going Further with Food**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Start your month with <b>breakfast</b> : include a protein, whole grain, and fruit 	2 Learn to <b>read</b> the nutrition facts label properly at <a href="http://www.eatright.org">www.eatright.org</a> 	3 <b>Season</b> your meals with herbs & spices instead of salt 
4 March <i>fourth</i> and <b>try</b> a new vegetable at the dining hall 	5 Pack a <b>snack</b> like trail mix with walnuts for brain power in class 	6 <b>HDT Booth</b> [LDC] 6pm-8pm	7 <b>HDT Booth</b> [Brower] 6pm-8pm	8 <b>HDT Booth</b> [Busch] 12pm-2pm [Neilson] 6pm-8pm	9 Make <b>avocado toast</b> for a snack with fiber and healthy fats 	10 Start <b>Spring Break</b> by taking a break from packaged snacks 
11 Eat seafood such as <b>salmon</b> twice a week for healthy omega-3 fatty acids 	12 Go <b>meatless</b> for a day: make vegetables the center of your plate 	13 <b>Split</b> your order with a friend to avoid over-eating 	14 <b>National Registered Dietitian Day</b> : thank your local RDN	15 Fill <b>half</b> of your plate with fruits and veggies 	16 Practice <b>moderation</b> : order a kid-sized treat instead of full-size 	17 Get your <b>green</b> on: try a green smoothie or hearty salad 
18 Avoid food waste: get creative with your <b>leftovers</b> 	19 Pick up a <b>newsletter</b> at the dining hall to learn more about beans 	20 Dip veggies in <b>hummus</b> for a crunchy snack and boost of protein and fiber 	21 <b>Exercise</b> more: get off the bus a stop early and walk the rest of the way 	22 Kick your <b>oatmeal</b> up a notch by adding berries and nuts 	23 Pack a <b>banana</b> in your bag for a snack between classes 	24 <b>Follow</b> the Healthy Dining Team on Twitter, Instagram, and Facebook 
25 Watch your <b>portion</b> sizes: use smaller plates and bowls 	26 Read the Dear HDT <b>Newsletter</b> in the dining hall to answer your nutrition questions	27 Add <b>chickpeas</b> to your soup or salad for protein & fiber 	28 Attend the <b>Evening of Healthy Indulgences</b> in the dining halls 	29 <b>Chef Dessert Demo</b> [all dining halls] 12pm-2pm	30 Focus on <b>fruit</b> this Friday: try to eat at least three servings 	31 Proper nutrition does not <b>end</b> here: keep up your healthful habits all year!

Revised by: Madeline Holt

Reviewed by: Dr. Peggy Policastro, RDN- IFNH/Dining Services

References: 18 Health Tips for 2018. Available at:

[http://www.eatright.org/~media/eatright%20files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/18%20health%20tips%20for%202018\\_final.aspx](http://www.eatright.org/~media/eatright%20files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/18%20health%20tips%20for%202018_final.aspx). Accessed on January 30, 2018. Healthy Eating on the Run: A Month of Tips. Available at:

<http://www.eatright.org/~media/eatright%20files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/healthyeatingontheru.n.aspx>. Accessed on January 31, 2018.

Questions? Follow us on Facebook (**RU Healthy Dining Team**), Twitter (**@RUHDT**), Instagram (**@RU\_HDT**), SnapChat (**RU\_HDT**) or e-mail us at [peggy@dining.edu](mailto:peggy@ dining.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>.