



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



Nutty Nutrition

If you aren't *nuts* over your routine dining hall meals, look to nuts and seeds to give that extra crunch and creativity to your usual dishes. Nuts and seeds are high in fiber and protein, and have a variety of essential nutrients and minerals. Often overlooked, nuts and seeds are a healthy addition to any meal.

Almond(s Give Me) Joy

Class today left you feeling nutty?

Pack protein, healthy fat, and fiber into your afternoon snack by adding almonds.

1. Peel 1 banana or slice 1 apple
2. Spread on 1 tablespoon of peanut butter or 1 teaspoon of honey
3. Sprinkle on 1 tablespoon of almond slices

Bumpin' with some Pumpkin

Boost the texture, flavor, and fiber of your morning meals by adding pumpkin seeds.

Pump up your breakfast with these tasty seeds.

1. Put 1 cup of oatmeal into a bowl
 2. Add 1 tablespoon of pumpkin seeds
- * Optional: sprinkle cinnamon on top and add 1 tablespoon of dried cranberries

Super Sunflower Seeds

Tiny but mighty, sunflower seeds are high in protein, vitamin B6 and magnesium. Swap out your usual potato chips for this sunny snack.

1. Add 1/2 cup of sunflower seeds to a bowl
2. Spice up your seeds by adding your favorite seasoning, such as chili powder, from the condiments bar

Nutty Brains

Walnuts have a distinct, brain-like appearance and are full of omega-3 fatty acids. Studies indicate that omega-3 fatty acids may play a key role in cognitive function and behavior. Walnuts truly are *brain food*.

1. Add ½ cup of fat-free froyo or Greek yogurt to a bowl
2. Top off your dessert with 2 tablespoons of chopped walnuts

Cashew at the dining hall, how 'bout that?

Authored By: Megan Yuen

Reviewed By: Dr. Judith Storch, PhD – Department of Nutritional Sciences

References: Omega-3 fatty acids. Available at: <http://www.umm.edu/health/medical/altmed/supplement/omega3-fatty-acids>. Accessed on: November 9, 2017. *Nutritional Sciences: From Fundamentals to Food, Third Edition*, M. McGuire, K.A. Beerman. Accessed on: December 5, 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. 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>