



# 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

### The Panini Express

Another day, another ham and cheese sandwich on white bread. Hop off the same ole' sandwich train and onto the Panini Express to prepare a picture-perfect Panini at your next dining hall visit. Not only is this sandwich delicious, it is also a great way to create a balanced meal. Grab a plate, select your bread, add your favorite sandwich components, and get pressing.



#### Bread Buffer

Just as a buffer cushions the ends of rail carts, the bread will cushion your sandwich. Choosing whole grain bread is an excellent way to add more fiber to your diet. The dining halls offer many whole grain and multigrain options in the form of sandwich breads, Kaiser rolls, pitas, and wraps.

#### Protein Passenger

Push the pastrami aside to make room for a lower sodium protein source. Deli meats are typically very high in sodium and should be eaten in moderation. Try adding other protein sources to your Panini such as grilled chicken, oven roasted turkey breast, or tofu for a delicious lower sodium option.

#### Vegetable Voucher

This is your one-way ticket for a trip toward a voluminous veggie-filled meal. The dining halls offer a large selection of both raw and cooked vegetables. Take full advantage of the veggie variety to sneak in a serving of vegetables into your meal.

#### Condiment Caboose

Finally yet important, complete your Panini with your condiment of choice. Do not derail your healthy meal with dressings full of saturated fats and added sugars. Make the most of your panini by choosing hummus, olive oil, hot sauce or balsamic vinegar as a final touch.

*All aboard the whole grain train!*

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