



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

Shake It Up

Accurately judging how much sodium you consume when eating in the dining hall can be difficult. Though the nutrition facts are available online at food.rutgers.edu, you may not always have the time to check. But there is no need to be salty! Below are a few tips and trick to help you make sodium smart choices in the dining hall.

Spice It Up

Skip the saltshaker and add flavor with:

- Herbs (basil, oregano)
- Spices (black pepper, red pepper flakes)
- A Squeeze of Citrus (lemon, orange)



Hand it to Your Food

Instead of adding salt directly to food, shake salt into your hand and sprinkle lightly over food to taste. Remember, you can always add more, but you cannot take it away.

Eat More Potassium

Adding these great sources of potassium to your plate can counterbalance the negative effects of sodium.

- Beans
- Lentils
- Bananas
- Potatoes

Plant Forward

Aim to fill half of your plate with fresh or cooked produce, which is naturally low in sodium. Processed foods such as deli meats, pizza, and casseroles are much higher in sodium.

True or False?

Most of the sodium in our diet comes from homemade food and salt we add to our plates.

False: Most of the sodium comes from commercially processed or prepared foods.

Sauces on the Side

Sauces and condiments can be loaded with sodium. Opt for dressings, sauces, and other condiments served on the side. This allows you to season to taste and cut down on excess salt from sauces.

Know any good sodium jokes? Na...

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