

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 All Month Long with the Daily Tips Below

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Start your month with breakfast: include a protein, whole grain, and fruit</p> 	<p>2</p> <p>Read HDT's newsletter on the new nutrition facts label at food.rutgers.edu</p>	<p>3</p> <p>Season your meals with herbs & spices instead of salt</p> 	<p>4</p> <p>March <i>fourth</i> and try a new vegetable at the dining hall</p> 	<p>5</p> <p>Mindful meals: sit down to eat and take time to enjoy your food and recognize hunger cues</p>	<p>6</p> <p>Visit the new Harvest Juice Bar in the Busch Student Center, meal swipes accepted!</p>	<p>7</p> <p>Snack from single-serve packages or pre-portion your snacks to prevent overconsumption</p>
<p>8</p> <p>Amp up the nutrients in your sandwich: top with tomatoes, spinach, and other veggies</p>	<p>9</p> <p>Pack a snack such as walnuts for brain power during classes</p> 	<p>10</p> <p>HDT Nutrition Education Booth [Livingston Dining Commons] 6-8pm</p>	<p>11</p> <p>HDT Nutrition Education Booth [Neilson] 12-2pm [Busch] 6-8pm</p>	<p>12</p> <p>HDT Nutrition Education Booth [Brower] 6-8pm</p>	<p>13</p> <p>Fill half of your plate with fruits and veggies</p> 	<p>14</p> <p>When dining out, choose foods that are grilled or baked instead of fried</p>
<p>15</p> <p>Think ahead: plan your meals in advance to help you stick to healthier options</p>	<p>16</p> <p>Quench your thirst with water instead of drinks containing added sugars</p> 	<p>17</p> <p>Get your green on: try a green smoothie or hearty salad</p> 	<p>18</p> <p>Eat seafood such as salmon 2x/week for healthy omega-3 fatty acids</p> 	<p>19</p> <p>Make avocado toast for a snack with fiber and healthy fats</p> 	<p>20</p> <p>Practice moderation: choose a kid-sized treat instead of full-sized</p> 	<p>21</p> <p>Avoid food waste: get creative with your leftovers</p> 
<p>22</p> <p>Split your takeout order with a friend to avoid over-eating</p> 	<p>23</p> <p>Pick up the latest HDT newsletter today at the dining halls to learn about the benefits of eating together</p>	<p>24</p> <p>Dip veggies in hummus for a crunchy snack with a boost of protein and fiber</p> 	<p>25</p> <p>Exercise more: hop off the bus a stop early and walk the rest of the way</p> 	<p>26</p> <p>Attend the Evening of Healthy Indulgences for dinner at any dining hall</p>	<p>27</p> <p>Pack a banana in your bag for a snack between classes</p> 	<p>28</p> <p>Follow the Healthy Dining Team on Twitter, Instagram, and Facebook</p> 
<p>29</p> <p>Watch your portion sizes: use smaller plates and bowls</p> 	<p>30</p> <p>Harness your plant power by swapping a beef burger for a black bean or veggie burger</p>	<p>31</p> <p>Proper nutrition does not end here: keep up your healthful habits all year!</p>				

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References: *20 Health Tips for 2020*. Available at: https://www.eatright.org/-/media/eatright/files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/2020/20healthtipsfor2020_nnm20_final.pdf. Accessed on: 1/31/20.
Healthy Eating on the Run: A Month of Tips. Available at: https://www.eatright.org/-/media/eatright/files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/2020/ernt_healthy_eating_on_the_run_nnm2020_31tips_final.pdf. Accessed on: 1/31/20.

Questions? Like us on Facebook (RU Healthy Dining Team), follow us on Twitter (@ru_hdt), Instagram (@ru_hdt), Snapchat (ru_hdt) or email peggyp@dining.rutgers.edu.