



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



R U Hot for Cocoa?

Feeling cold with the changing weather? Searching for the best drink to soothe your chills? A nice cup of hot cocoa may just be exactly what would warm your body! Hot cocoa is a wonderful sweet treat that is typically lower in sugar and fat than the average chocolate dessert. Because it does not contain a large amount of caffeine, it is a great option for a late night beverage, rather than caffeinated coffee or tea. Keep reading to learn the health benefits of hot cocoa and some fun flavor ideas!

Fantastic Flavors

Whether at home or on campus, add extra flavor to your hot cocoa with:

- Cinnamon or pumpkin pie spice for a touch of warmth
- A few mini marshmallows for a sweet treat
- A dash of vanilla, almond, or mint extract to fulfill your craving



Dare to go Dark

Opt for dark hot cocoa (at least 70% cocoa), rather than blends with less cocoa, for added health benefits. A food item with 70% or higher dark chocolate is thought to have anti-inflammatory properties.



Create Your Own

Make your own hot cocoa using cocoa powder and a touch of sweetener. This allows you to control the amount sugar in the beverage. Instant or homemade hot cocoa can be made with water for a lighter flavor, or with low fat or non-dairy milk for a richer beverage.



Grab a cup of cocoa when you can't escape the cold, it's the hottest drink around!

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References: *Can Diet Help with Inflammation?* Available at <https://www.eatright.org/health/wellness/preventing-illness/can-diet-help-with-inflammation> Accessed on: 10/28/2020 *Is Your Kid Overcaffeinated?* Available at

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