



# 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 <b>breakfast</b>: include a protein, whole grain, and fruit</p> 	<p>2</p> <p><b>Experiment</b> with herbs &amp; spices to decrease added salt</p> 	<p>3</p> <p>On campus? Try a new food item at one of the following <b>dining locations</b>: Busch Dining Hall, Kilmer's Market and Cafe West</p>	<p>4</p> <p>March <i>fourth</i> and <b>try a new vegetable</b></p> 	<p>5</p> <p>Study break! Walnuts are a great snack for <b>brain power</b> between classes</p>	<p>6</p> <p>Snack from single-serve packages or pre-portion your snacks to <b>prevent overconsumption</b></p>
<p>7</p> <p><b>Amp up the nutrients</b> in your sandwich: top with tomatoes, spinach, and other veggies</p>	<p>8</p> <p>Keep <b>frozen vegetables</b> on hand to quickly add to meals. They are typically just as nutritious as fresh vegetables and less expensive</p>	<p>9</p> <p><b>HDT Virtual Meal Picture Challenge</b></p> <p>Join the fun on the @rutgersdining Instagram</p>	<p>10</p> <p><b>Registered Dietitian Nutritionist Day</b></p> <p>Celebrate by consulting the experts for all things nutrition</p>	<p>11</p> <p><b>Mindful meals</b>: sit down to eat and take time to enjoy your food and recognize hunger cues</p>	<p>12</p> <p>Fill <b>half</b> of your plate with fruits and veggies</p> 	<p>13</p> <p>When <b>dining out</b>, choose foods that are grilled or baked instead of fried</p>
<p>14</p> <p><b>Think ahead</b>: plan your meals in advance to help you stick to healthier options</p>	<p>15</p> <p>Quench your thirst with <b>water</b> instead of drinks containing added sugars</p> 	<p>16</p> <p>Get your <b>green</b> on: try a green smoothie or hearty salad</p> 	<p>17</p> <p>Eat seafood such as <b>salmon</b> 2x/week for healthy omega-3 fatty acids</p> 	<p>18</p> <p>Make <b>avocado toast</b> for a snack with fiber and healthy fats</p> 	<p>19</p> <p>Practice <b>moderation</b>: choose a kid-sized treat instead of full-sized</p> 	<p>20</p> <p>Avoid food waste: get creative with your <b>leftovers</b></p> 
<p>21</p> <p><b>Split</b> your takeout order with your fridge to avoid over-eating</p> 	<p>22</p> <p>Make on campus dining a breeze by <b>ordering food online</b> at food.rutgers.edu</p>	<p>23</p> <p>Check out the latest <b>HDT newsletter</b> today to learn all about protein</p> 	<p>24</p> <p><b>Exercise</b> more: find forms of movement that bring you joy, like walking, dancing, or lifting weights</p>	<p>25</p> <p>Dip veggies in <b>hummus</b> for a crunchy snack with a boost of protein and fiber</p> 	<p>26</p> <p>Pack a piece of fruit in your bag for a <b>quick snack</b> when running errands</p> 	<p>27</p> <p><b>Follow</b> the Healthy Dining Team on Twitter, Instagram, and Facebook</p> 
<p>28</p> <p>Watch your <b>portion</b> sizes: use smaller plates and bowls</p> 	<p>29</p> <p>Harness your <b>plant power</b> by swapping a beef burger for a black bean or veggie burger</p>	<p>30</p> <p>How well do you know MyPlate? Take a look at the newest <b>HDT newsletter</b> to find out</p>	<p>31</p> <p>Proper nutrition <b>does not end</b> here: keep up your healthful habits all year!</p>			

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References: *20 Health Tips for 2021*. Available at: [https://www.eatrightpro.org/-/media/feature/eatright/campaign/nmm2021/tip\\_sheets/20-health-tips-2021\\_english\\_final.pdf?la=en&hash=2D531935EB54A35AD341964E7439CCD7B253C322](https://www.eatrightpro.org/-/media/feature/eatright/campaign/nmm2021/tip_sheets/20-health-tips-2021_english_final.pdf?la=en&hash=2D531935EB54A35AD341964E7439CCD7B253C322). Accessed on: 2/25/21. *Healthy Eating on the Run: A Month of Tips*. Available at: [https://www.eatrightpro.org/-/media/feature/eatright/campaign/nmm2021/tip\\_sheets/healthy-eating-on-the-run-2021\\_english\\_final.pdf?la=en&hash=9F291112994E3318B404B0AE717FCDE68AB0C5D3](https://www.eatrightpro.org/-/media/feature/eatright/campaign/nmm2021/tip_sheets/healthy-eating-on-the-run-2021_english_final.pdf?la=en&hash=9F291112994E3318B404B0AE717FCDE68AB0C5D3). Accessed on: 2/25/21.