



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

Powered by Plants

Whether your goals are to start prioritizing your health or to consume a more environmentally friendly diet, eating plant-forward can help you accomplish them. According to the Menus of Change Initiative, a plant-forward diet is an eating style that emphasizes plant-based foods such as those listed below while limiting animal products. Continue reading to see how to seamlessly incorporate this eating style into your life.

Food Groups to Emphasize



Soy Products



Plant Oils



Nuts & Seeds



Whole Grains



Legumes



Fruits & Vegetables

Plant-Forward Formulas

These formulas serve as a starting point for trying a plant-forward diet, but feel free to swap in some of your favorite foods. The flexibility of plant-forward eating allows for the exploration of new flavors and ingredients. Note that animal products can be included in a plant-forward diet but are generally used in smaller amounts. Kickstart your plant-forward journey by trying out these recipes.

Oats + Milk + Flaxseeds + Banana + Blueberries = Berry Banana Oatmeal

Walnuts + Cashews + Almonds + Dried Fruit + Dark Chocolate Chips = Choco Trail Mix

Black Beans + Grilled Veggies + Tofu + Salsa + Guacamole + Cheese + Whole Wheat Wrap = Tofu Burrito

Whole Grain Pasta + Tempeh + Spinach + Tomato Sauce + Basil = Tempeh Bolognese

Frozen Bananas + Vanilla Almond Milk + Peanut Butter + Cacao Nibs = PB Chocolate Chip “Nice” Cream

Multiply your success by adding plants

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References: *Menus of Change Plant-Forward by the Numbers*. Available at: <https://www.ciaprochef.com/MOC/PFbytheNumbers.pdf/>

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