



EATING 101

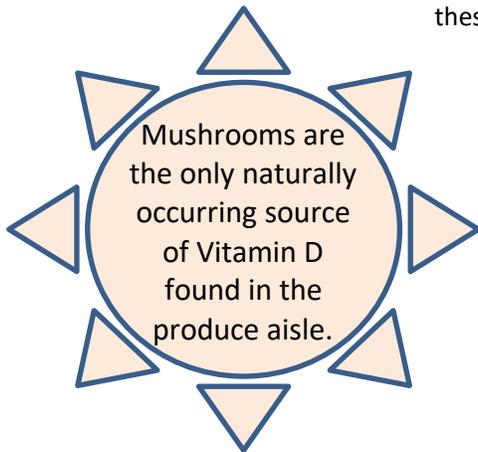
RU DINING HEALTHY?

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

Mush-room for Mushrooms

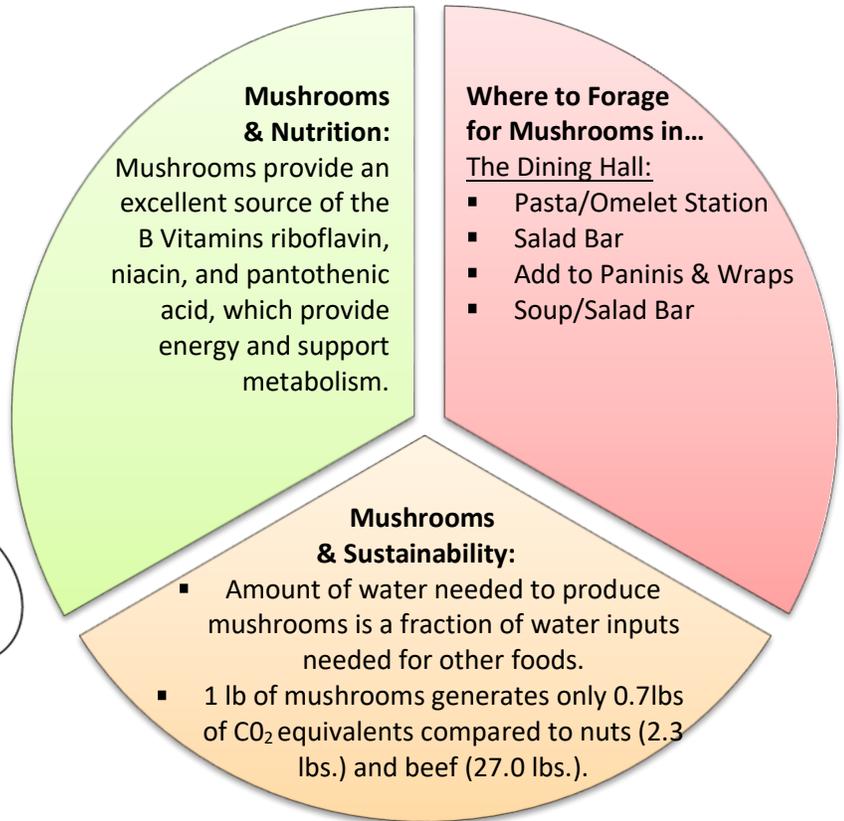
Have you heard there's a new fun-gi in town? Over the past four decades, mushrooms have become increasingly popular as people have begun to realize the nutritional punch and environmental benefits they offer. From pizza toppings to meat alternatives in blended burgers, mushrooms are extremely versatile. If you are looking for a tasty, nutrient-dense food option, turn towards the fat-free, low calorie and low sodium choice of mushrooms. Look below to learn more about how these tiny fungi might just save the day.



Two Delicious Ways to Incorporate Mushrooms into Your Meals:

Add a boost of flavor to your bowl of leafy greens by sprinkling fresh or sautéed mushrooms on top.

Boil some mushrooms to make a delicious and nutritious broth base for any soup.



Don't worry, they're also light and portobello

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References: *Mushroom Nutrition*. Available at: <https://www.mushroomcouncil.org/all-about-mushrooms/nutrition/> Accessed on: 2/26/2020. *Mushrooms & Sustainability*. Available at: <https://www.mushroomcouncil.org/all-about-mushrooms/sustainability/> Accessed on: 2/26/2020. *A Review of Mushrooms as a Potential Source of Dietary Vitamin D*. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6213178/> Accessed on: 2/26/20. *Cook/Doug Dining Options*. Available at: <http://food.rutgers.edu/places-to-eat/cook-douglass-dining-options/> Accessed on: 2/26/2020.

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