



# 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

## Cravings Craze

Candy, chips, pastries, and fried foods! All are indulgent food options that students often crave. In moderation these foods can be incorporated into a balanced diet, however in excess they may lead to health issues. Food cravings are a normal part of life, so why ignore them? Read below to learn about what you can do to honor your cravings while still nourishing your body.

### What is a Food Craving?

Cravings are sudden and intense desires to consume specific types of food. Sweet, salty, and fatty foods are often touted as being crave-able. These foods are connected to the reward regions of the brain, which cause hormones to be released that increase positive feelings in the body. We then continue to want to seek out these foods that make us feel good and stimulate the reward center of the brain. Emotions such as stress and restrictive dieting can trigger cravings to occur more often.

### Tips to Manage Cravings:



Avoid long stretches without food by consuming more nutritious snacks in between meals. We tend to have more food cravings when we are hungry



Include fiber, protein, and healthy fats in your meals to increase satiety



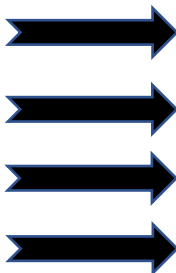
Drink water. Sometimes hunger is mistaken for thirst



Ditch the restrictive diet. Instead, eat a variety of foods from each food group using MyPlate as a guide for balance

### Craving This:

- Ice Cream
- Chips
- Soda
- Chocolate



### Try This:

- Greek yogurt topped with fresh berries and honey
- Plain popcorn sprinkled with your favorite herbs or spices
- Plain or flavored seltzer with fresh fruit slices mixed in
- Chocolate! Sometimes the best option is to mindfully eat and enjoy the food that you are craving



*Ride the crave wave but don't go overboard!*

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