



EATING 101

RU DINING HEALTHY?



A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between RU Dining Services and the New Jersey Institute for Food, Nutrition, and Health

Espress' Yo-self

Let's be honest, the average "cup of joe" just doesn't cut it anymore. Specialty coffees like lattes, macchiato, and cold brews are taking the world by storm. One thing people may not realize when ordering their "Triple, Venti, Soy, no-foam Latte" is the extra calories, fat, and sugar that are often added by upgrading from regular black coffee. Luckily, you can utilize the dining halls' assorted coffee selections to help limit those hidden extras found in luxury coffees from Starbucks and Dunkin' Donuts. Your waistline and wallet will thank you for giving your favorite *boujee* drink a brew-tiful makeover!

Come to the Dark Side

A dining hall mug of black coffee (6 fl oz) contains only two calories and 71 mg of caffeine. If you're in need of an extra kick, add an espresso shot to your coffee for an additional 64 mg of caffeine. You *can* get your caffeine fix to power you through your busiest days without all the extra calories.

Ice Ice Baby

Create your own iced coffee in the dining hall by filling a tall glass with ice and pouring brewed coffee over it. For a fun flavor boost, add a sprinkle of cinnamon on top.

Living La Vida Mocha

For a lower-fat coffee beverage, try using skim milk or any of the non-dairy milks available in the dining halls.

Vanilla and chocolate soymilk also act as great alternatives for creamer.

Maybe she's born with it, maybe it's caffeine

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References: 2015-2020 Dietary Guidelines: Answers to Your Questions. (2016, January 07). Accessed April 9, 2017, from <https://www.choosemyplate.gov/2015-2020-dietary-guidelines-answers-your-questions> United States Department of Agriculture Agricultural Research Service. (n.d.). Retrieved April 14, 2017, from <https://ndb.nal.usda.gov/ndb/foods/show/4277?fgcd=&manu=&lfacet=&format=&count=&max=50&offset=&sort=default&order=asc&qlookup=14209&ds=&qt=&qp=&qd=&qn=&qg=&ing=>

Questions? Follow us on Facebook (RU Healthy Dining Team), Twitter (@RUHDT), Instagram (@RU_HDT), SnapChat (RU_HDT) or e-mail us at peggyp@dining.rutgers.edu. Our mission is to educate students about nutrition and encourage them to make healthier food and lifestyle choices. For more info, nutrient analysis and past newsletters, visit our web page at <http://food.rutgers.edu>