

EATING 101 RU DINING HEALTHY?

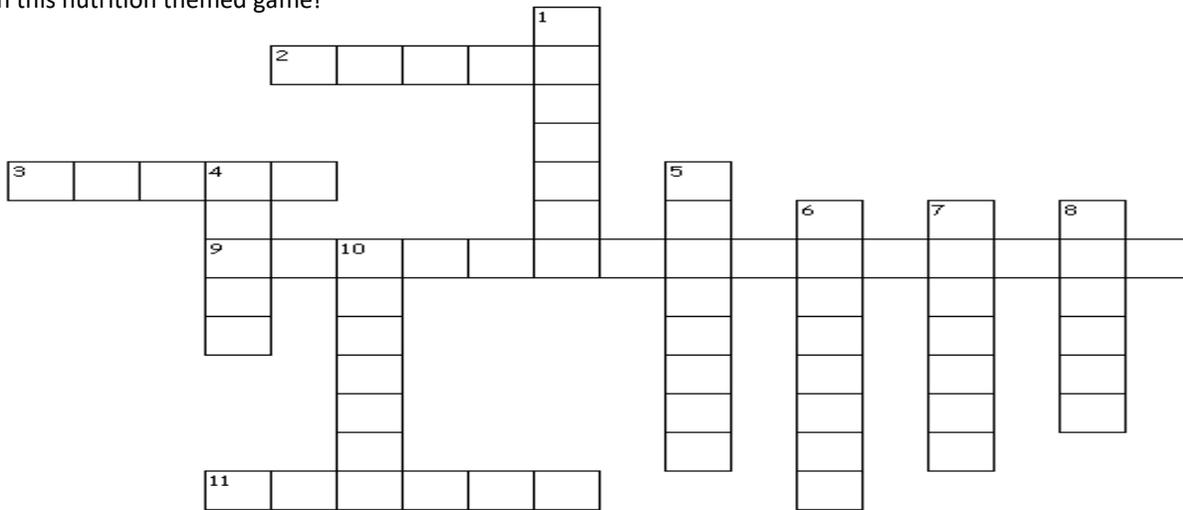


A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Nutrition Knowledge: Crossword Chaos

Hey you... Yes, **YOU**. If you are reading this, you are either a lover of all things HDT or looking to kill time in the dining hall between your classes. Instead of scrolling through the same old social media posts on your phone, feed your brain with this nutrition themed game!



Across

- 2. A goal of 8 glasses of _____ a day will keep you hydrated and restore your bodily fluids.
- 3. Popcorn, oats, and farro are examples of this fiber-filled carbohydrate that you can find in the dining hall: _____ Grains.
- 9. Avocados and olive oil are both high in _____ fat.
- 11. The Healthy Dining Team newsletters are distributed to the dining halls every _____ morning.

Down

- 1. Quinoa, eggs, and salmon are all foods that are high in _____.
- 4. Instead of Sprite, add the acidic fruit, _____, to your seltzer for a low calorie carbonated beverage.
- 5. The _____ Monday campaign good for your diet and the environment.
- 6. The blended burger offered in the dining halls and take out consist of 50% beef and 50% _____.
- 7. _____ is the healthy eating courtyard found on Cook Campus.
- 8. A peanut is considered a _____, not a nut.
- 10. _____ was the first dining hall to incorporate Menus of Change options at take-out.

Tag us on social media with a picture of your completed crossword puzzle- the first 10 students will win a prize!

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References: *Create Your Own Crossword Puzzle*, Available at <http://puzzlemaker.discoveryeducation.com/CrissCrossSetupForm.asp> Accessed on 11 September 2017. *"What is a Whole Grain?"* Available at <http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/what-is-a-whole-grain>. Accessed on 11 September 2017. *"Vegetarian Sources of Protein"* Available at: <http://www.eatright.org/resource/food/nutrition/vegetarian-and-special-diets/vegetarian-sources-of-protein>. Accessed on 11 September 2017. *"Pre and Probiotics: Creating a Healthier You."* Available at <http://www.eatright.org/resource/food/vitamins-and-supplements/nutrient-rich-foods/prebiotics-and-probiotics-the-dynamic-duo>. Accessed on 11 September 2017.

Questions? Follow our 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>.