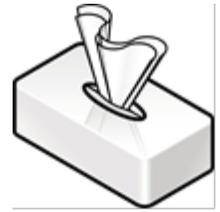




EATING 101 RU DINING HEALTHY?



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

A Joint Program Between RU Dining Services and The New Jersey Institute of Food, Nutrition, and Health

Sugar, Spice & Everything Nice: Natural Food Remedies

Everyone has felt *snotty* at the worst times, and no one wants to sit next to the person blowing their nose in class. Getting sick is not uncommon for college students, and even though taking a Tylenol® may be your first instinct, there are alternative remedies for common health afflictions. Stroll down to the nearest dining hall to find these natural food remedies:

(Ginger) spice up your life

Maybe you are feeling a little sick or nauseous with the onset of a cold. Luckily, ginger's natural anti-emetic properties may help with nausea. Ginger can be found in some of the seasonings in the dining hall's Asian cuisine or in pickled form located by the sushi station. Next time you find yourself feeling a little queasy, do as the spice girls would do, and spice up your life with some ginger to eat the aches away.



Ooh, honey

Did you know, locally sourced honey, like the varieties in the dining halls, serve as a low-dose form of immunotherapy? Bees pick up local pollen, which may help fight seasonal allergies. For those colder months, if you are feeling under the weather, you can add this sweet treat to tea to ease a sore throat.



I got hot sauce in my bag, swag

If you're suffering with a stuffy nose, the capsaicin in hot peppers and hot sauce can help make it easier for you to breathe by thinning out mucus. If you think you can handle the heat, then head to the pasta station to toss some red pepper flakes over your meal or mix Sriracha into your favorite stir fry sauce.

It is important to listen to your body and consult with your health care provider since natural food remedies are not a substitute for medical attention. It may be best to think of food as a complimentary source of treatment rather than a miracle cure.



Soothe that sniffle with a squeeze of Sriracha



Revised by: Kiran Ali
References:

Reviewed By: Dr. Peggy Policastro, RDN-IFNH and Dining Services

Ernst E, et al. *Efficacy of ginger for nausea and vomiting: a systematic review of randomized clinical trials*. Available at: Pub Med.gov. Accessed on October 18, 2017. *Capsaicin*. Available at <http://www.uofmhealth.org/health-library/ut1025spec>. Accessed on October 18, 2017. *Can a Spoonful of Honey Keep the Allergies Away?* Available at <https://www.bestfoodfacts.org/honey-to-help-allergies/> Accessed on October 18, 2017

Questions? Follow us on 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>.