



# 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

### Avocado: The Alligator Pear

Avocado: (n) A dark, oval-shaped, pitted fruit with a soft, light green interior packed with fiber and fat. This tasty Taco-Tuesday topping contains heart-healthy monounsaturated fats, which aid in improving cholesterol levels and decreasing the risk of heart disease. That’s not all! A 1oz serving or about 1/5 of a medium avocado contains 2 grams of fiber. A diet high in fiber is important for digestive health and may help with weight management.

Here are some do’s and don’ts on how to incorporate avocado in your diet:

AvocaDO	AvocaDON’T
<p><b>DO</b> make sure to pair a quarter of a sliced avocado with a piece of whole-wheat toast and a hard-boiled egg for a quick, easy breakfast.</p> <p><b>DO</b> replace mayo with mashed up avocado when making a sandwich. This will decrease your <i>saturated fat</i> intake and increase your <i>monounsaturated fat</i> intake.</p> <p><b>DO</b> spice up the guacamole served in the dining hall. Chop up some onions, tomato, jalapenos, and throw in some garlic powder to add even more flavor.</p>	<p><b>DON’T</b> take it upon yourself to eat an entire bowl of guacamole on Taco Tuesday. Remember to keep all fats in moderation.</p> <p><b>DON’T</b> limit your monounsaturated fat consumption to only avocados. Expand your palate by topping off a fresh salad with some seeds and nuts, for the same types of fats but different flavor.</p> <p><b>DON’T</b> discard an avocado because you think it is rotten. A soft outside does not always mean the inside will be inedible. Most of the time, a soft avocado is a ripe avocado, waiting to be enjoyed.</p>

Not sure if that avocado is ripe? The trick to detecting a ripe avocado is to remove the stem and stick a toothpick into the fruit’s interior. If the inside is soft, the avocado is ready to eat.

### Rock out with your guac out

Authored By: Sofia Zois

Reviewed By: Dr. Storch, Department of Nutritional Sciences

References: Denny, Sharon. *Choose Healthy Fats*. Available at: <http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/choose-healthy-fats>. Accessed on: April 4th, 2016. *Health Benefits of Avocado*. Available at: <http://www.healthyeating.org/Healthy-Eating/All-Star-Foods/Sweets-Fats/Article-Viewer/Article/209/Health-Benefits-of-Avocados.aspx>. Accessed on: April 5th, 2016. *Health Benefits of Avocado*. Available at: <https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-avocado.html>. Accessed on: April 6th, 2016. *When to Pick Avocados*. Available at: [http://ceventura.ucanr.edu/Com\\_Ag/Subtropical/Avocado\\_Handbook/Harvesting/When\\_to\\_pick\\_avocados/](http://ceventura.ucanr.edu/Com_Ag/Subtropical/Avocado_Handbook/Harvesting/When_to_pick_avocados/). Accessed on: April 6th, 2016. *Avocado Nutrition Facts Label*. Available at: <http://www.avocadocentral.com/nutrition/avocado-nutrition-health-facts-label>. Accessed on April 10th, 2016. *What is Fiber?* Available at: [www.eatright.org/resource/food/vitamins-and-supplements/nutrient-rich-foods/fiber](http://www.eatright.org/resource/food/vitamins-and-supplements/nutrient-rich-foods/fiber)

Questions? Post on our Facebook (**RU Healthy Dining Team**), Twitter (**@RUHDT**), Instagram (**@RU\_HDT**), SnapChat (**RU\_HDT**) or e-mail us at [peggyp@dining.edu](mailto:peggyp@dining.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>.