



# EATING 101

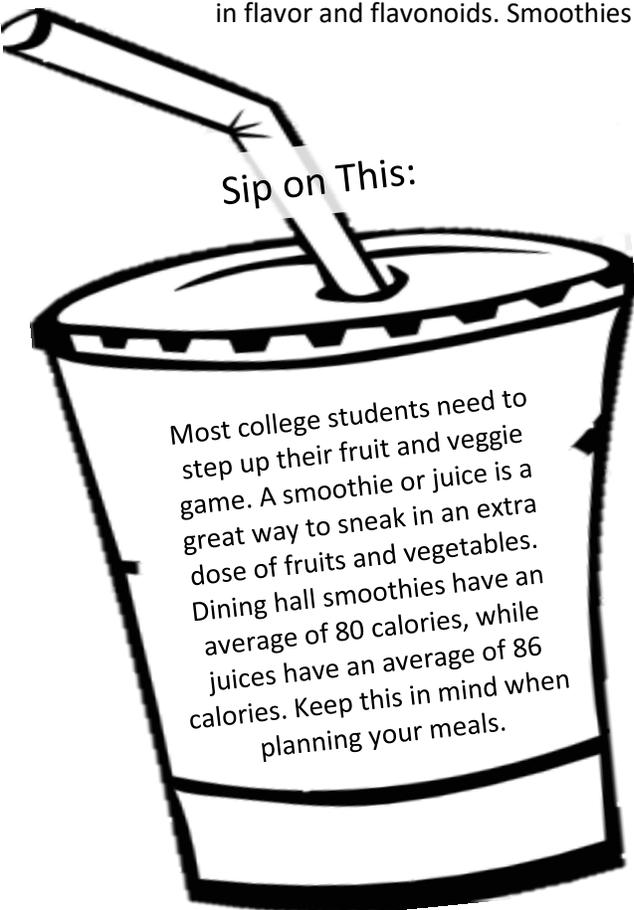
## RU DINING HEALTHY?

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



### Smooth(ie) Operator

If you find yourself *pressed* for time in the morning, grab a blended beverage for breakfast to be *juiced* in time for your morning class. Smoothies and fresh juices can help *squeeze* more fruits and veggies into your daily diet while packing in flavor and flavonoids. Smoothies and juices are more than just delicious; they can also be nutritious.



#### Searchin' for a Smoothie?

Livingston and Neilson dining halls now offer a Smoothie and Juice Bar. The bar operates Monday through Friday from 11:30am-1:30pm and 6:00pm-8:00pm. For those seeking a nutritional boost, wheat grass shots are now being served. Don't forget to ask about the seasonal grass specials when you stop by, such as pumpkin or gingerbread.

Smoothies	Juices
<b>Pink Panther</b> strawberry, banana, plain Greek yogurt, vanilla	<b>Sunkiss</b> orange, carrot, cranberry, cinnamon
<b>Blue without the Moo</b> almond milk, blueberry, pineapple	<b>Even Tan</b> spinach, strawberry, pineapple, fresh ginger
<b>Tigger's Tonic</b> orange, soy milk, honey, vanilla	<b>Liquid Lunch</b> celery, carrot, cucumber, dill, granny smith apple

### Head to Harvest

As you may already know, *Harvest Café* on the Cook campus began accepting meal swipes this year. And guess what? Smoothies are swipe-able at Harvest. But wait...there's more! If you choose to use a meal swipe for a smoothie at *Harvest*, it includes **two** nutritional boosts. Just a few of the nutrient-dense add-ons include powdered peanut butter, chia seeds, and protein powder. This is a great opportunity to meet your daily vitamin, mineral, and protein requirements.

*...and we sipped apple-y ever after*

Authored By: Irene Dib

Reviewed By:

References: Pem Dhandevi, and Rajesh Jeewon. "Fruit and Vegetable Intake: Benefits and Progress of Nutrition Education Interventions- Narrative Review Article." Available at: [www.ncbi.nlm.nih.gov/pmc/articles/PMC4644575/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4644575/). Accessed on: September 19, 2017.

Moore, Latetia V., and Frances E. Thompson. "Adults Meeting Fruit and Vegetable Intake Recommendations-- United States, 2013 ." Centers for Disease Control and Prevention, 10 July 2015, [www.cdc.gov/mmwr/preview/mmwrhtml/mm6426a1.htm](http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6426a1.htm). Accessed on: October 4, 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](mailto: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>