EATING 101
RU DINING HEALTHY?
WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between RU Dining Services and the Institute for Food, Nutrition, and Health

Build-a-Bowl
Does your normal dinner plate seem a little flat? Fear not, the Healthy Dining Team is here to help you lift up your plate into an Instagram-able creation. Whether it be breakfast, lunch, dinner or dessert, the options are endless when it comes to building your own well-balanced bowl.

Unbelieva-bowl Base
Behind every successful bowl is a base that supports it. Pick one that is nutrient dense to get the most bang for your base. Savory or sweet, you are in for a treat!

- Brown rice
- Quinoa
- Mixed greens
- Oatmeal
- Greek yogurt

Protein Pack
Not only will your bowl compliment your trendy Instagram feed, it will also fill you up. Add any of these proteins to your bowl and voilà.

- Grilled chicken
- Salmon
- Tofu
- Beans
- Egg
- Assorted nuts/seeds

Some Pep in Your Step
No Regina George, butter is not a carb. However, healthy sources of carbs to top your bowl include fruits and vegetables found in the dining halls.

- Seasonal vegetables such as: Brussels sprouts, squash, and cauliflower
- Seasonal fruits such as: Apples, grapes and pears

It’s Okay Guac, I’m Extra Too
Sometimes being a little extra is okay. Don’t hesitate to add a healthy source of fat to your bowl-the dining hall won’t charge extra.

- Guacamole
- Olives
- Peanut Butter
- Granola

Don’t stop bowl-ieving